

A N N U A L N A R R A T I V E R E P O R T
OF

MILDRED O. EATON
County Home Demonstration Agent

GREENLEE COUNTY
ARIZONA

From December 1, 1954 to November 30, 1955

SUMMARY

Home Economics Extension Work

December 1, 1954 to November 30, 1955

EXTENSION ORGANIZATION AND PLANNING

Number of months the home demonstration agent was in service in the county -- parts of 12
(Greenlee's part of the service -- $4\frac{1}{2}$ months)

Days spent in Greenlee County $90\frac{1}{2}$
 In the field $39\frac{1}{2}$
 In the office 51
 On adult work $64\frac{1}{2}$
 On 4-H Club Work 26

Number of Home Visits made in Greenlee County..... 63
 Different homes visited 29

Office calls 193
Telephone calls 110
Bulletins distributed 1052

News articles published..... 53
Newspaper columns written 48

Radio programs given 10

Number of Homemaker Clubs 3
Number of different homemakers enrolled..... 88

Number of other groups and organizations assisted 3
 Health talk for one garden club 1
 All-day Sewing Machine Workshop for
 one LDS Relief Society 3
 Sewing classes for one LDS Relief
 Society

Number of Leaders assisting with adult work 39
Number of leaders assisting with 4-H Club Work..... 6

Number of training meetings held for adults 12
Number of homemakers attending these meetings..... 122

Number of times the County Council met 2
 Number of members belonging to the County Council.. 88
 Number of officers for the County Council 6
 Number meetings held by the County Council officers
 for planning 3

The County Council, during their fall meeting, selected the lessons and activities that they wanted for the coming year.

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Five homemakers, one from each of the four homemakers clubs, met with representatives from the Graham County Homemakers Clubs and the home demonstration agent in Safford to coordinate the suggestions into one program for both counties during 1956.

County council officers were elected and installed during the fall council meeting. A nominating committee, one from each club attended the training meeting.

One Officer-Leader Training Meeting was held jointly with Graham County in Morenci. 8 officers from 3 clubs, 14 leaders from 4 clubs, and 5 of the 6 county officers attended the training meeting.

The spring business meeting of the County Council was followed by a turkey dinner at noon and revue of the garments made during the Better Dress Project.

CLOTHING

The lesson - Individualizing Style - was given for 61 homemakers in the 4 clubs by the home demonstration agent.

The lesson - Decorative Stitches and Finishes - was given for 40 homemakers. Training meeting for leaders was conducted by the clothing specialist from the University.

3 sewing machine workshops were conducted in 3 all-day meetings for 24 homemakers by the agent.

7 leaders gave assistance to 33 homemakers through 20 meetings of 6 classes, and 11 other homemakers with specific construction problems. Some of these leaders gave assistance to members in their 4-H Clubs.

43 garments were completed by the ladies.

FOODS AND NUTRITION

The lesson - Menus for the Entire Family - was given by 8 leaders to 46 homemakers in their club. The leader training meeting was conducted by the foods specialist from the University of Arizona.

The lesson - Shopping to Save - was given for 47 homemakers by 8 leaders. The leader training meeting was conducted by the home demonstration agent.

Two foods leaders assisted the home demonstration agent with one radio program.

HOME MANAGEMENT

One all-day special meeting on money management was conducted for 12 homemakers by the home management specialist, University of Arizona.

One club had the county attorney discuss family security and investments during one of their meetings.

The lesson - Ironing Methods and Equipment - was given for 47 homemakers at 4 club meetings by the home demonstration agent.

HOME FURNISHINGS

The special lesson - Refinishing Furniture - was given during a two-day workshop by the specialist from the University of Arizona and the home demonstration agent for 8 homemakers.

Assistance was given homemakers with their furnishing problems through home visits, phone calls, office calls, radio programs, and the weekly newspaper column.

HEALTH AND SAFETY

The lesson - First Aid in the Home - was given by 4 leaders for 47 homemakers in the 3 clubs. The leader training meeting was conducted by a registered nurse - a member of the Morenci Homemakers Club.

RECREATION

The homemakers clubs held Christmas parties during the December meeting and picnics during July or August.

COMMUNITY

The home demonstration agent and county agent shared a weekly radio program with the home demonstration agent taking the fourth Saturday morning broadcast each month.

The home demonstration agent wrote a weekly newspaper column which was published in the Greenlee County Copper Era. Information of value to homemakers on all phases of homemaking was included in the column.

Bulletins and mimeograph materials were available to all homemakers in the county.

The home demonstration agent met with the county fair superintendents for the homemakers exhibits and assisted with their planning. She assisted with the exhibits during the fair.

4-H CLUB WORK

33 of the 48 girls enrolled in three 4-H Clubs completed their project work. One club was 100 percent completion.

6 ladies assisted as club leaders and 4 older members as junior leaders during this year.

a demonstration training meeting was conducted by the home demonstration agent for one leader, four junior leaders, and eleven club members from two of the three clubs.

The home demonstration agent gave assistance through club meetings, home visits, and office calls.

7 girls participated in the County 4-H Demonstration Contest by giving 2 team and 3 individual demonstrations.

26 girls participated in the County Judging Contest. 4-H Club leaders and the state home demonstration agent-at-large assisted the home demonstration agent in conducting the contest.

The County 4-H Leaders Council, made up of adult and junior club leaders, held four quarterly meetings.

Clothing

28 of the 40 girls enrolled in clothing projects completed their work. 17 girls in 3 clubs were enrolled in Unit I, 12 in 3 clubs in Unit II, 8 in 3 clubs in Unit III, 3 in one club in Unit III, and 2 in one club in Unit IV.

Special help was given leaders and members through club meetings and home visits.

2 senior girls and 3 junior girls participated in the demonstration, judging, and dress revue activities during the State 4-H Roundup.

Foods

11 of the 23 girls enrolled in foods projects completed their club work.

Assistance was given club members and leaders through club meetings and home visits.

2 girls participated in 4-H Roundup activities by giving a dairy foods team demonstration.

Room Improvement

2 of the 6 girls enrolled in room improvement projects completed their work.

Junior Leadership

The 4 girls enrolled in junior leadership completed their work. Each was excellent assistance to her club leader.

National 4-H Congress

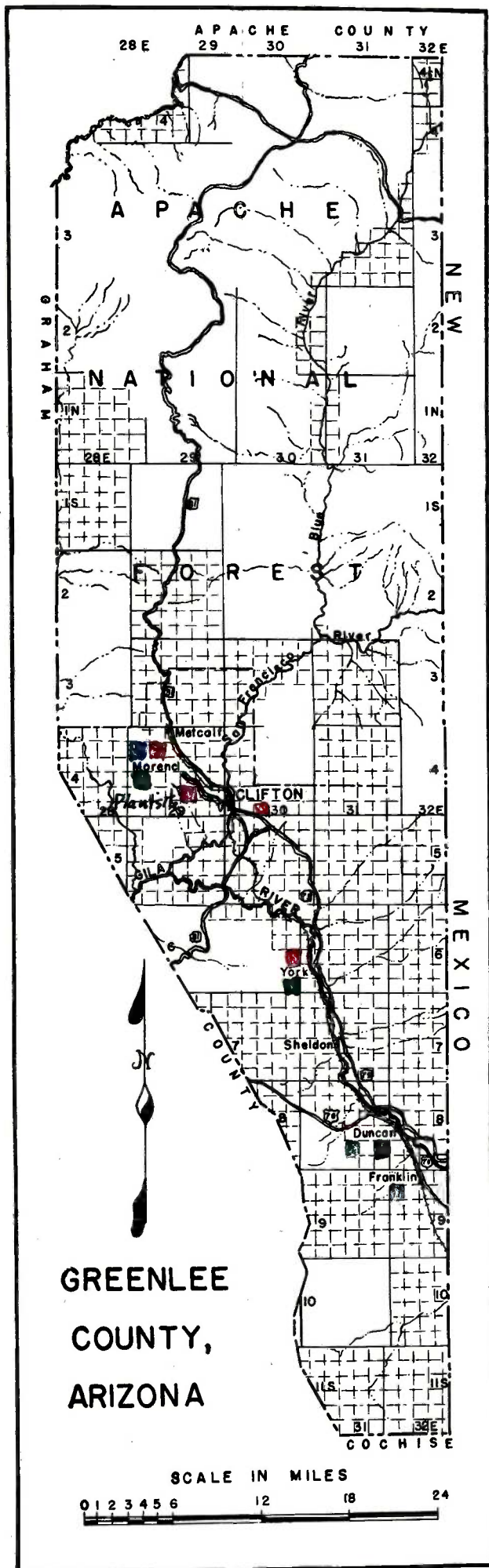
One girl was sent by the Santa Fe on the basis of achievement.

Community

Four radio programs were given by home economics 4-H Club members.

All three clubs participated in a community service project - magazines for the hospital, furnishing a club house, and work on a community picnic area.

Seven members assisted with the displaying, removal, and looking after the 4-H exhibits during the county fair.



Location of:

- Homemaker Clubs
- H. Ec. 4-rooms Clubs
- Other Groups Assisted
2 L.D.S. Relief Societies
1 Garden Club.

Month:

CALENDAR OF WORK

Year:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 pm Plantita				
					2 pm yack 3 pm Thatcher	
		1 pm Plantita	2 pm Awaniga	1 pm Nakuru	2:30 pm Eden	
		7:30 pm Clifton			2 pm yack	

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Greene County Homemakers Club Meetings - Time of Day
Greene County Homemakers Club Meeting. " "

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Greenlee County
Extension Work in Home Economics
Narrative Report

Aims of County Extension Work

- 1- To improve home and family life through adult education and youth work in order that each home and community and our nation may be a better place in which to live.
- 2- To make better understanding between persons in our communities and peoples of other nations and races.
- 3- To make 4-H Club Work available to all boys and girls in the county.
- 4- To make home economics information available to all homemakers in the county.
- 5- To develop leadership.

Situation in the County

Greenlee is the second smallest county located in the southeastern part of Arizona. It is long and narrow with most of the residents living in the south half. The north half is high mountain country.

Agriculture and ranching is carried on in the southern third and copper mining in the northern part of the southern half. The main crops are cotton and varieties of vegetables. The agricultural areas depend upon deep wells and the Gila River which flows through the county from east to northwest.

Peoples of four races live in the county - White, Mexican, Indian, Italian, and Negro.

Eight of the ten communities are fairly close together - within a radius of fifty miles. Three of these areas are in the farming and ranching section, and four in the mining area.

There are three isolated communities in the northern mountains where some ranching is carried on - about eighty five and one hundred fifty miles from the county seat. Each is quite isolated and was not reached by the home demonstration agent except when two homemakers called at the Graham County Office for assistance.

The mining towns are company owned.

Highway 70 crosses the county from east to west, and 666 from southwest to northeast. These make it possible for residents to reach Safford in Graham County and nearby New Mexico towns for shopping since there are no large towns in the county.

Clifton, the county seat, is located along a canyon below the towns of Morenci, Plantsite, and Stargo, which are located on mountain sides in the mining area and near the north part of the south half of the county.

The Agricultural Extension Office is located in Duncan. The agricultural agent lives and has his office here.

Since the home demonstration agent serves both Greenlee and Graham Counties, she maintains her main office in the other county coming to Duncan at regular intervals for office work and assistance to 4-H Club. Three of the four homemaker clubs are in the mining communities around Morenci and Clifton - forty five to fifty miles from the office in Duncan. The other club is around the York community - sixteen miles from Duncan.

Extension Organization and Planning

The homemakers in four communities were organized into clubs for the purpose of carrying on home economics extension work and gaining information that will help them as homemakers. One club was largely made up of homemakers in the ranching area, about sixteen miles from the county extension office in Duncan and approximately twenty five miles from the county seat of Clifton. One club was made up of homemakers who worked or had small children and lived in the county seat. The other two clubs were made up of homemakers whose husbands worked for the Phelps Dodge Mining Company.

These clubs met regularly each month. Two clubs held a second meeting for social activities and working on special problems.

The home demonstration agent met with each of these homemaker clubs three times during 1955 -- once to help organize their program activities and twice to give the subject matter lesson.

Other clubs have made use of extension information through the services of the home demonstration agent, bulletins, and mimeograph materials. The home demonstration agent gave a health talk for the Garden Club in the mining area and held a sewing machine workshop for the members of the LDS Relief Society in one of the agricultural areas. One clothing leader conducted a construction class for the LDS Relief Society in another agriculture area.

The extension homemakers Club meetings are open to every homemaker. The services of the home demonstration agent and the extension publications are available to each homemaker who desires this information and help.

Each club was organized with its own officers - president, vice president, secretary, treasurer, and reporter, and one or two subject matter leaders for each lesson.

The officers had the responsibility of directing the activities and business of the club and in cooperating in the county council and with its activities.

The subject matter leaders had the responsibilities of attending the leader training meeting, preparation of the lesson, and giving it for members of their club.

The secretary of each club sent a copy of the minutes and information about her club meeting to the extension office.

Council Meetings

The Homemaker's County Council was organized for the purpose of planning and carrying on activities and programs.

Each homemaker belonged and was privileged to attend each meeting of the County Council as well as the club of her choice.

The council had six officers, five of which were elected annually from the membership. The parliamentarian was appointed by the president. The County Council met twice during the year -- in April for business, reports of clubs work, activities of 4-H Club Work, and revue of garments made during the Better Dress project; and in September for business, election of officers, and program planning.

Officers who served during the past year were:

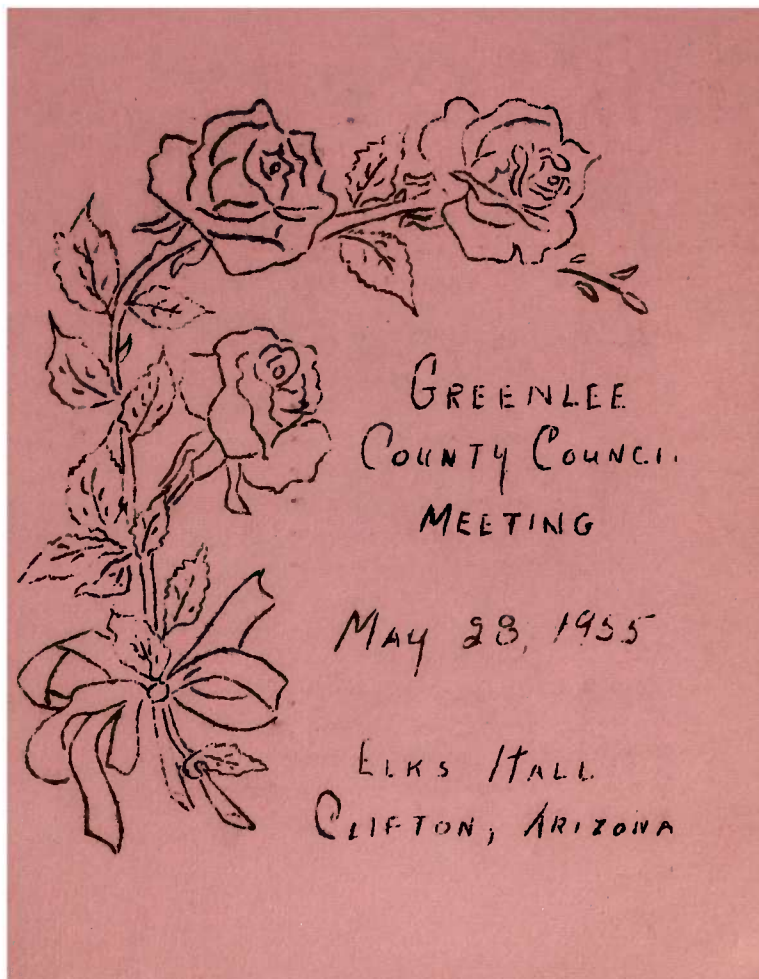
President	Mrs. Jean Jones	Morenci Club
Vice President	Mrs. Irene Estes	Clifton Club
Secretary	Mrs. Ruby Sanders	York Club
Treasurer	Mrs. Toni O'Hanlan	Plantsite Club
Reporter	Mrs. Yolanda Alvarado	Clifton Club
Parliamentarian	Mrs. Flora Munkres	Morenci Club

These officers met three times during the year to plan for council meetings, furthering of the extension program, reaching other homemakers with their program, and planning their program activities. The home demonstration agent met with these officers for each meeting and assisted with their planning and discussions.

Fifty three homemakers from the four homemakers clubs, the county agent, and the home demonstration agent attended the meeting. The home demonstration agent gave a talk on "Going Forward with Extension" during the morning. She discussed the following points:

- 1- Organization of more Homemaker and 4-H Clubs.
- 2- Setting up long time as well as short time goals.
- 3- Selecting, each year, a few important things to be gained through the program -- then developing each to the full extent.
- 4- Pass on information and include others in more meetings by:
 - a- each year holding a husband-wife meeting
 - b- continuing the clothing construction lessons
 - c- each year having an open meeting for public and home economics girls
- 5- Making better use of leaders and meetings by:
 - a- having definite period of time for lesson
 - b- care for children while leaders take lesson
 - c- organize business so minimum time is spent
 - d- let leader of special meeting know if you can not attend
- 6- Share responsibilities and cooperate in work to be done.

A copy of the April meeting and Dress Revue is enclosed:



PROGRAM

*

- 9:45 - Registration
- 10:00 - Salute to the Flag
- 10:05 - Homemaker's Creed
- 10:10 - Business Meeting - Jean Jones,
County President presiding
- 10:45 - Roll Call by Clubs
- 10:50 - Reports by Clubs on Activities
- 11:00 - Presentation of Achievement
Certificates
- 11:05 - Group Singing
- 11:10 - "Going Forward in Extension" by
Mildred O. Eaton, Greenlee County
Home Demonstration Agent
- 11:25 - Report on 4-H Club Activities --
Cleo Scott, County 4-H Publicity
Chairman
- 11:40 - "County Fair Plans" - Roy Jeter,
Greenlee County Agent
- 11:45 - "My Experiences at National 4-H
Congress" -- Dwain Gale, Duncan
- 12:00 - Covered Dish Luncheon

"FLOWERS OF MANY SEASONS"

one o'clock

Lucy Campbell . . Commentator

Piano Solo - Irene Estes, Clifton Club

Vocal Duet - Ruth Harrison, and
Lucy Campbell, Morenci

Spring Blossoms - modeling of spring
garments

Vocal Solo - Elizabeth Tea, Clifton

Reading - Mrs Mae Scott, York

Summer Flowers - modeling of summer
garments

Tap Dance - Eleanor Haning, Morenci

Fall Leaves - modeling of fall garments

Piano Solo - Virginia Sinclair, Plantside

Winter Snowflakes - modeling of winter
garments

Group Singing - lead by Mrs Margie
Boren, Plantside Club

Program Planning

The 1955 program suggestions were made during the September 1954 Council meeting, under the leadership of the State Leader of Home Demonstration Work.

Two representatives of the council met with two representatives from the Graham County Council, the state leader, and the home demonstration agent to coordinate the suggestions into one program for the two counties.

The 1956 program suggestions were made during the September 1955 County Council Meeting. One representative from each of the four clubs met with the representatives from the Graham County Clubs and the home demonstration agent to formulate the program into one for the two counties to be used during 1956.

The home demonstration agent kept a record of the suggestions made and guided the council and two-county committee in making final decisions. This information was organized and recorded on program planning forms and organized into month by month activities and lessons by the home demonstration agent. Copies were sent to the state office. These program plans were later revised to lighten the lesson load so the agent could have time to make more contacts and give assistance to homemakers, particularly in non-homemaker organized areas.

The home demonstration agent organized the program of work giving objectives, needs, what and how the objectives and lessons were to be accomplished, and when the work was to be done. Copies were sent to the state office.

The home demonstration agent met with each homemaker club during their January meeting and assisted them in organizing and planning their leaders and activities for 1955. She gave information as needed about lesson content.

The home demonstration agent gave assistance to club officers and leaders in organizing their meetings and lessons throughout the year when they requested this assistance.

Registration sheets were sent out to homemakers so they could register for special lessons and activities.

Information sheets were sent out to homemakers for use that they made of the program lessons and activities.

The home demonstration agent assisted in organizing the homemakers' program booklets. The office secretary mimeographed them. The following is a copy of the one used during 1955:

GRAHAM - GREENLEE COUNTY

HOMEMAKERS' PROGRAM

1955



Name of Club Member _____
Address of Member _____
Name of Club _____
Day of Meeting _____ Time _____

HOMEMAKERS CLUBS

in

GREENLEE AND GRAHAM COUNTIES

Cooperating with

UNITED STATES DEPARTMENT OF AGRICULTURE

and the

UNIVERSITY OF ARIZONA EXTENSION SERVICE



GREENLEE - GRAHAM EXTENSION HOMEMAKERS CLUBS

are affiliated with

NATIONAL HOME DEMONSTRATION COUNCIL



NATIONAL OFFICERS

Secretary of Agriculture Ezra T. Benson
Director of Extension C. M. Ferguson

STATE STAFF

Director of Extension Charles U. Pickrell
Assistant Director Howard R. Baker
State Leader of Home Demonstration Work
Jean M. Stewart

Specialists ---

Clothing Helen L. Church
Foods & Nutrition Mrs Elsie Morris
Home Managment and Furnishings Grace Ryan

4-H Club ---

State Leader Graham P. Wright
Assistant State Leader Mrs Ellen Kightlinger

COUNTY STAFFS

Home Demonstration Agent Mildred O. Eaton
(Graham-Greenlee Counties)

Graham County --

County Agricultural Agent John L. Sears
Office Secretary Mrs Lorris Galusha
Address - Safford, Arizona Phone 150

Greenlee County --

County Agricultural Agent Roy B. Jeter
Office Secretary Mrs Flossie Santee
Address - Duncan, Arizona Phone 13

COUNTY OFFICERS AND COUNCIL MEMBERS

Greenlee County:

President Mrs Jean Jones, Morenci (Jesse)
Vice President. . Mrs Irene Estes, Clifton ()
Secretary Mrs Ruby Sanders, Duncan (James)
Treasurer Mrs Toni O'Hanlon, Plantsite, ()
Reporter Mrs Yolanda Alvarado, Clifton, ()
Recreation Leader-

Representatives to County Council:

Clifton Club . Mrs Carthelle Ross, president

Morenci Club . Mrs Margaret Bemel, president

Plantsite Club- Mrs Margie Boren, president

York Club . . . Mrs Mattie Foote, president

Graham County:

President Mrs Charlotte Weathesby, Klondyke
Vice President .
Secretary-Treasurer- Mrs Maybelle Carpenter, Eden
Reporter Mrs Gertrude Pointer, Thatcher
Recreation Leader-

Representatives on County Council:

Aravaipa Club . Mrs J. D. Williams, president

Eden Club . . . Mrs Lois Kempton, president (Lamar)

Thatcher Club . Mrs Bonnie West, president

CLUB OFFICERS, LEADERS & COMMITTEES

President _____

Vice President _____

Secretary _____

Treasurer _____

Leaders

Foods _____

Clothing _____

Home Managment _____

Home Furnishings _____

Health _____

Committees:

Name

Address

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CLUB ENROLLMENT

Name _____

Address

Phone No. _____

1

J A N U A R Y

"You can't change the past, but you can
ruin a perfectly good present by worry-
ing about the future." — Copied

Date of Meeting _____ Time _____

Hostess _____

Roll Call: A Christmas Gift that I especially liked.

Subject: Fill out year books, send one copy to office

Special Meetings:

— Officer and Leader Training Meeting - in Morenci

F E B R U A R Y

"Four things a man must learn to do
If he would keep his record true:
To think, without confusion, clearly
To love his fellow-man, sincerely;
To act from honest motives, purely;
To trust in God and Heaven, securely."

— Henry Van Dyke

Date of Meeting _____ Time _____

Hostess _____

Roll Call: A safety Hint for the Home

Subject: To be chosen by the club

Special Meetings:

MARCH

"Children need models more than they need critics."
— Joseph Joubert

Date of Meeting _____ Time _____

Hostess _____

Roll Call: The Year I came to Arizona

Subject: "Individualizing Style" by Home Demonstration Agent

Special Meetings:

- 29 - 30 -- Leader Training Meeting for "Menus for the Entire Family" by Mrs Elsie Morris, foods specialist, University of Arizona
- * Special Interest Training Meeting -- "Home Accounts" by Miss Grace Ryan, home management specialist, University of Arizona
- 5 - 12 -- National 4-H Club Week

~~MARCH~~ APRIL

"Cast all your cares on God; that anchor holds."
— Copied

Date of Meeting _____ Time _____

Hostess _____

Roll Call: Plant Exchange

Subject: "Menus for the Entire Family" by _____

Special Meetings:

- County Council Meeting
- 28 - 29 -- Leader Training Meeting -- "Shopping to Save" by the home demonstration agent.
- Country Life Conference

M A Y

"Everyone can keep house better than her mother
until she trieth." --- Old Proverb.

Date of Meeting _____ Time _____

Hostess _____

Roll Call: Shopping Hint or Suggestion

Subject: "Shopping to Save" by _____

Special Meetings:

- Special Interest - "Care and Adjustment of
Sewing Machine" by home demonstration agent.
Date in your area to be announced.
- Leader Training Meeting -- "First Aid in
the Home" by a registered nurse and the HDA
- National Home Demonstration Week.

J U N E

"We learn wisdom from failure much more than
from success." -- Smiles

Date of Meeting _____ Time _____

Hostess _____

Roll Call: "A Safety Hint for the Home"

Subject: "First Aid in the Home" by _____

Special Meetings:

- State 4-H Round-up

J U L Y

"Never lose an old friend
No matter what the cause.
We wouldn't ever do it
If we did not look for flaws.
The ~~one~~ thing worth while having
Is the friend who stands the test
And who has one friend such as this
Knows friendship at its best."

Date of Meeting _____ Time _____
Place of Meeting _____

Roll Call: "Food Suggestions for a Family Picnic"
Subject: Homemaker Club Picnics

Special Meetings:

A U G U S T

"The one person who is really entitled to
take a vacation because the climate
disagrees with him is the weatherman."
--Annoymous

Date of Meeting _____ Time _____
Place of Meeting _____
Hostesses _____

Roll Call: Something I would like to have in next
year's program.
Subject: Program Planning - members give choices

Special Meetings:

- Leader Training Meeting -- "Laundry Methods
and Equipment" -- by the home demonstration
agent.
- 4-H Club Camp
- 4-H Club Leaders Conference

S E P T E M B E R

"The greatest waste we can make is that of time"

— Voltaire

Date of Meeting _____ Time _____

Hostess _____

Roll Call : What I did this year to further 4-H program

Subject: "Laundry Methods and Equipment" by _____

Special Meetings:

- County Council Meeting -- Program Planning --
- Two-County Committee Meeting
- Leader Training Meeting -- "Decorative Stitches and Trims" by Miss Helen Church, clothing specialist, University of Arizona.
- 4-H club achievement program

O C T O B E R

"The men who try to do something and fail are infinitely better than those who try to do nothing and succeed." — Lloyd Jones

Date of Meeting _____ Time _____

Hostess _____

Roll Call: A New Household Gadget I've gotten Recently

Subject: "Decorative Stitches and Trims" by _____

Special Meetings:

- Special Interest -- "Renovation of Furniture" by the home demonstration agent.
- County Fair

NOVEMBER

"Courtesy is the eye which overlooks your friends
broken gateway — but sees the rose which
blossoms in his garden." — Lyman Abbott

Date of Meeting _____ Time _____
Hostess _____

Roll Call: Recipe exchange — some favorite recipe

Subject: Some phase of the Furniture Renovation
lesson by _____

Special Meetings:

- State Fair
- County 4-H Recognition and Fun Night

DECEMBER

"Let us have faith that right makes
might; and in that faith let us to
the end dare to do our duty as we
understand it."

— A. Lincoln

Date of Meeting _____ Time _____

Hostess _____

Roll Call:

Subject: Club Christmas Parties

Special Meetings:

- 4-H Clothing School by Miss Helen Church,
clothing specialist, University of Ariz.

ARIZONA HOMEMAKER'S CREED

To live as humbly as I can
To take what comes of good or evil and grow by my
experience into a better and more understanding
person.
To cling to the Faith which I possess and live each
day a little better than the day before.
To see other through their eyes and not through my own.
To be blind to the faults and see only the fine in
every life.
To so live that I have no need of secret places to
hide that which I would not have my friends know.
To live the same when I am alone as I do before the
world.
To be exactly what my very best friend thinks I am.
To honor the teachings of my parents and when I am
called to leave the sphere of action, to live in
the memory of someone as a true friend.

— Mrs Lila Newell

A CLUB MEMBER'S PRAYER

Help us, O Lord, that we, as women may realize our
service to our homes and communities in a three-
fold way,
As true and loyal wives in every path of married lives;
As kind and loving mothers who will guard, carefully
the morals, health, and efficiency of the little
lives Thou has entrusted in our care.
And as faithful and thoughtful sisters both at home
and elsewhere; ever ready to extend a helping hand
in the interests of humanity's needs in every walk
of life and in any and every community.

HOMEMAKER'S AIM

TO HAVE EVERY HOME---

Economically sound
Mechanically convenient
Morally wholesome
Mentally stimulating
Artistically satisfying
Physically healthful
Socially responsible
Spiritually inspiring
Founded upon mutual affection and respect.
by Juliet Lita Bane, retired
Head of Home Economics Dep't
University of Illinois

C R E E D

Keep us, Oh God, from pettiness; let us be large
in thought, in word, in deed.
Let us be done with fault finding and leave off
self-seeking.
May we put away all pretense and meet each other
face to face, without pity and without prejudice.
May we never be hasty in judgment and always
generous.
Teach us to put into action our better impulses
straightforward and unafraid.
Let us take time for all things; make us grow
calm, serene and gentle.
Grant that we may realize it is the little
things that create differences, that in the
big things of life we are as one.
And may we strive to touch and to know the great
~~common~~ Woman's heart of us all; and O God
let us not forget to be kind.

----- Mary Stewart

STANDARD OF ACHIEVEMENT
(Requirements for Certificates of)

A certificate of achievement will be granted by the Agricultural Extension Service of the University of Arizona to all clubs on application, fulfilling at least 10 of the following conditions, the first 7 of which must be met:

- 1- One meeting a month during the club year with a majority of the active members present
- 2- Each member passing on to at least one non-member some definite information.
- 3- Appointed representatives attending at least $\frac{3}{4}$ of all county meetings (such as, the group training, county council, achievement days)
- 4- Project leaders relaying the demonstrations set up in the club program to the group and sending the leader's report to the county office.
- 5- Letting others know what your club is doing by holding or taking part in a county or club achievement day, tour, or exhibit.
- 6- The secretary keeping satisfactory minutes and making necessary reports of membership, officers, project leaders and meetings to the county office as requested.
- 7- Business meeting according to order of business in the secretary's book for homemaker clubs.

Select any 3 or more of the following:

- 8- Interesting parents in 4-H club work and offering your assistance in any activity suggested by the 4-H club leaders or agent
- 9- Have a health chairman who helps all families in the community to know sources of assistance and to secure publications on caring for or understanding personal and community health problems.

- 10- Have a reporter who gets at least 2 stories of the club into the newspaper.
- 11- Have a recreation leader, or separate game and song leaders who provide at least one form of recreation for each club meeting and assist with recreation at community good times sponsored by the club.
- 12- Have one book review or reading a play at a club meeting
- 13- All meetings starting and ending on time.

SCHEDULE for HOMEMAKER'S MEETINGS

Aravaipa	3rd Wednesday , 2 pm
Clifton	4th Tuesday, ,7:30 pm
Eden	3rd Friday,
Morënci	3rd Thursday, 1 pm
Plantsite	1st & 3rd Tuesday, 1pm
Thatcher	2nd Friday, 3 pm
York	2nd and 4th Thursday, 2pm

Training Meetings

A training meeting for Greenlee and Graham County officers and subject matter leaders from each club was held in Morenci on February 3 by the state leader of home demonstration work, assisted by the home demonstration agent. Two members were in charge of registration.

The meeting was opened by the Greenlee County President after which the vice president led the group in singing, and the home demonstration agent stated the purpose of the meeting. The state leader then discussed extension organization giving information that was of value to the ladies. The ladies were divided into "chatter" groups to discuss various problems -- what could be done to gain members, to have a better attendance at meetings, and to improve their club meetings. Under the leadership of the home demonstration agent, each group reported its suggestions and added other things that could be done.

After lunch the ladies were led in group singing by the secretary of the Thatcher Club before being divided into two groups -- one for presidents and vice presidents, led by the state leader, and one for secretaries and treasurers, led by the home demonstration agent. During this hour instruction and help was given these officers with better understanding their jobs, their responsibilities, and use of parliamentary procedures. Supplies were distributed.

During the last hour, assistance was given the subject matter leaders in understanding their responsibilities and ways to proceed in receiving a lesson, preparing it, and giving it for their club members.

The Officer and Leader Training Meeting was attended by:

Clifton Club -	No officers, 2 leaders
Morenci Club -	3 of their 4 officers, 7 leaders
Plantsite Club -	All 4 officers, 3 leaders
York Club -	President, clothing leader, and one food leader
County Council Officers -	5 of the 6 officers (Reporter member of Clifton Club was absent)

Conferences

The home demonstration agent attended the December State Extension Conference and gave a twelve minute talk on "What is Extension Service".

The home demonstration agent attended the 4-H conference in March and the meeting of home demonstration agents in June.

The home demonstration agent conferred with the county agent about all phases of extension work as the need appeared.

The home demonstration agent conferred with the 4-H leaders about their club work and gave assistance as needed.

A nominating committee composed of one member from each of the four homemakers clubs met with the home demonstration agent, set up standards or guides for selection, and selected the ladies to be nominated as officers of the County Council for the coming year.

The following were elected and installed during the September meeting as Council officers for 1956:

President	Mrs. Margie Boren	Plantsite Club
Vice President	Mrs. Dean Rapier	York Club
Secretary	Mrs. Edna Larrimore	Clifton Club
Treasurer	Mrs. Viva Cox	Morenci Club
Reporter	Mrs. Virginia Sinclair	Plantsite Club
Parliamentarian	to be appointed	

The following is a copy of the program for the day:

COUNTY COUNCIL MEETINGS

Greenlee County

DATE - Wednesday, September 14

TIME - 10:00 A. M. - 2:30 P. M. (lunch at noon)

PLACE - Plantsite Baptist Church

HOSTESS CLUB - Plantsite Homemakers

PROGRAM PLANS:

9:30 A. M. - Registration
10:00 A. M. - Business Meeting - Jean Jones, President
10:30 A. M. - Trends and Outlook - Miss Jean Stewart
10:45 A. M. - County Goals and Needs - H. D. A.
11:10 A. M. - Discussion Groups
11:30 A. M. - Reports from Discussion Groups
11:45 A. M. - Lunch
1:00 P. M. - Report on County Fair - County Agent and Home
Economics Superintendents
1:15 P. M. - Final Selection of Program
2:15 P. M. - Installation of County Officers *by State leaders.*

Each person should bring her own table service and food assigned by your club.

Others Who Assisted With The Program

Miss Jean M. Stewart, State Leader of Home Demonstration Work, assisted by:

- 1- Conferring and planning with the home demonstration agent about program, organization, and training meetings.
- 2- Conducting the Officers and Leaders Training Meeting.
- 3- Assisting with the County Program Planning Meeting.

Mrs. Elsie Morris, Foods Specialist, University of Arizona, assisted by:

- 1- Conferring and planning with the home demonstration agent for the nutrition lessons - "Menus for the Entire Family" and "Shopping to Save".
- 2- Conducting the Leader Training Meeting for the lesson - "Menus for the Entire Family".

Miss Grace Ryan, Homemangement and Home Furnishing Specialist, University of Arizona, assisted with the program by:

- 1- Conducting the special meeting on money management for twelve homemakers.
- 2- Conducting the two-day training meetings on refinishing of furniture.
- 3- Planning with the home demonstration agent for the money management lesson.
- 4- Planning with the home demonstration agent for the laundry lesson and lending the wide ironing board and other equipment.

Miss Helen Church, Clothing Specialist, University of Arizona, assisted with the program by:

- 1- Conducting the Leader Training Meeting for the lesson - "Decorative Trims and Finishes".
- 2- Planning with the home demonstration agent for leader training and 4-H project work.
- 3- Adjusting a sewing machine belonging to one of the Greenlee homemakers. It was an off brand and there weren't any know service men for that kind.

Maricopa County Home Demonstration Agent and Assistant Home Demonstration Agent assisted by:

- 1- Allowing the Greenlee County Home Demonstration Agent to attend their county demonstration contests and answering questions about Arizona methods and standards for 4-H demonstrations.
- 2- By lending framed pictures for use in the 4-H judging rings.

Miss Madeline Barley, Home Demonstration Agent-at-Large, University of Arizona, assisted by:

- 1- Acting as judge for the 4-H and homemakers food exhibits during the county fair.
- 2- Preparing and setting rings for the county 4-H judging contest.

Mrs. Maryetta Gaskill, Cochise County Dome Demonstration Agent, assisted by judging the homemakers and 4-H Clothing and Household Art Exhibits during the county fair.

Other Work By The Home Demonstration Agent

Greenlee County is one of a two-county unit in home demonstration work; therefore, the home demonstration agent divides her time and assistance between the two counties. Headquarters and records are kept in the Graham County office where the agent spends the major part of her office time. Separate annual reports and plans for work are written by the agent for each county.

One annual report was written by the county agricultural and home demonstration agents over all 4-H Club work in the county.

The home demonstration agent planned and made arrangements for leader and special training meetings, council meetings, and committee meetings which were held in the county.

The home demonstration agent prepared, arranged, and set up the pattern for the Homemakers Program booklet. She designed the cover for the booklet.

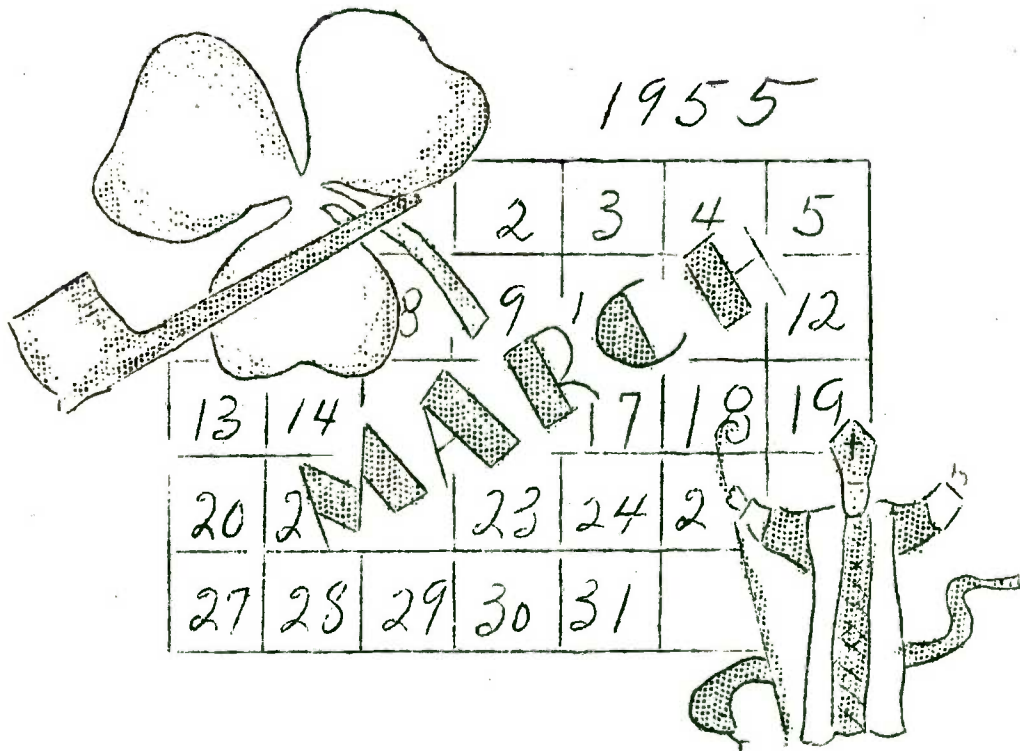
The home demonstration agent directed the ordering of bulletins, reference materials, 4-H supplies, and keeping of the bulletin racks up-to-date by the office secretary.

The home demonstration agent prepared and sent out three newsletters to homemakers giving information about meetings and activities. The following is a copy of one of the letters:

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Duncan

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Greenlee County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work



M A R C H

The Mother Year has a problem child
In March, who is the third,
She blusters in and storms about
In a way that is absurd.

And when you least expect it,
She looks at you with a smile,
Sometimes shyly, sadly,
Yet smiling all the while.

How she can wail, and sob and scream,
Is hard to understand
When she holds crocuses and robin's songs
In the hollow of her hand.

-- Lola Elliot Ueblacker.

ORCHIDS to Homemakers who attended the Officers and Leaders Meeting February 3rd in Morenci.

Thatcher had all 5 officers and 2 of their leaders present (7).

Plantsite had all 4 of their officers and 5 leaders present (5).

Morenci had 3 of their five officers and 7 leaders present (9).

York had their chairman and one food leader present (2).

Clifton had no officers and 2 leaders present.

Aravaipi had their chairman present.

Eden was not represented.

We are sorry that some of the officers and leaders were unable to attend.

BEATITUDES OF A LEADER

BLESSED is the leader who has not sought the high places, but who has been drafted into service because of his ability and willingness to serve.

BLESSED is the leader who knows where he is going, why he is going, and how to get there.

BLESSED is the leader who knows no discouragement, who presents no alibi.

BLESSED is the leader who knows how to lead without being dictatorial; true leaders are humble.

BLESSED is the leader who seeks for the best for those he serves.

BLESSED is the leader who leads for the good of the most concerned, and not for the personal gratification of his own ideas.

BLESSED is the leader who develops leaders while leading.

BLESSED is the leader who marches with the group, interprets correctly the signs on the pathway that leads to success.

BLESSED is the leader who has his head in the clouds but his feet on the ground.

BLESSED is the leader who considers leadership an opportunity for service.

- - Author Unknown

COOKING TIPS

Plan baking so one heating of oven does several jobs - bake more than one thing at a time.

Don't be a Peeping Tom - lift the lid only when you need to.

Open oven door for few minutes after baking is done and heat turned off, to dry oven thoroughly

LEADER TRAINING MEETINGS

Please Note CHANGES IN DATES

The Leader Training Meeting for the lesson on "Menus for the Entire Family" will be held in Greenlee County Wednesday, March 3rd, and in Graham County Thursday, March 31st from 10:00 A. M. to 3:00 P. M. by Mrs. Elsie Morris, Food Specialist, University of Arizona. Notices will be sent to each food leader.



The dates for the Leader Training Meeting on "Shopping to Save" will be held May 5 for Graham County leaders and on May 6 for Greenlee County leaders. This change was made so that Greenlee County can hold their Spring Council Meeting in Clifton on April 28 and Graham County Council up Aravaipa Canyon on April 29.

FAMILY SPENDING - HOME ACCOUNTS

What shall we call it - Money Management? Records for Family Spending? Managing Family Spending?

The dates are April 13, 10:00 A. M. to 3:00 P. M. in Greenlee County and April 14, 10:00 A. M. to 3:00 P. M. in Graham County.

These meetings are open to every homemaker who is interested in coming. We have 2 from Aravaipa, 4 from Eden, 8 from Thatcher, 8 from Morenci, 3 from Clifton, and 3 from Plantsite who have registered interest in attending. Notices will be sent to these ladies.

If you didn't register or aren't sure that you did and would like to come, check with me. If you have neighbors who are interested, invite them to come with you.

FURNITURE RENOVATION

The project for this fall will be on "Refinishing of Furniture". The decision was based on the pre-registration taken at your January club meetings - 41 for refinishing, 29 for re-upholstering, and 26 for slip covers, and 5 for canning.

My suggestion is that you include re-upholstering or slip covers in the 1956 program (scheduled for February) and the other one either October, November, or in the 1957 program. If you want these lessons - talk them up in your club and instruct your president to vote at the September 1955 Council Meeting.

SEWING MACHINE CLINICS

Plans are being made for the Clinics on Cleaning and Adjusting Sewing Machines. Will you check over the following schedule? If the date isn't suitable for your group, let me know;

May 10 - Franklin L. D. S. Ward
May 11 - Morenic, Plantsite, Stargo
May 12 - Layton Ward #2 in Safford
May 13 - Aravaipa and Klondyke
May 19 - Thatcher and Eden Homemakers
May 20 - Thatcher L. D. S. Wards 1 and 2 and Central Ward

The following groups are, at the present time, too small for a clinic: Clifton 2, York 3, Eden 3. These ladies may go to a clinic near them. If enough other homemakers in any of these areas wish to come with their sewing machines for this clinic, please send me their names and arrangements will be made to hold a clinic in that area. There should be at least 8 and no more than 12 sewing machines for a clinic. Let's not forget - Pre-registration is necessary. So send in your name.

I am holding the following dates open for additional clinics: May 17 and 18. If one of these dates is more convenient for a group than the one scheduled, it may be the change in date can be made. We need to consider travel and distances.

For those attending the clinic - the entire sewing machine must be brought. Very little can be done with only the head. Also, if you find that you cannot come and bring your machine, PLEASE LET ME KNOW. It isn't fair to other homemakers who might want to come if only 2 or 3 machines are there. Since I cannot supervise more than 12 machines at one time, the number at each clinic is limited. I'm sure you will cooperate with me on this.

RADIO PROGRAMS

Are you listening?

The 4th Saturday each month I am on the air at 12:30 P. M. over Station KCLF in Clifton. Some times some of you ladies will be on with me, sometimes 4-H leaders and members will be. Roy Jeter, County Agent, has the program on the first, second, and third Saturdays. During National 4-H Week - March 5-13 - several 4-H Club members and leaders will appear on the March 5 and 13 programs.

Our Extension program over Station KGLU in Safford is at 10:30 A. M. each Saturday. Usually I will have part of the program. During National 4-H Week Mr. Sears will be on the air with some of his 4-H members and leaders. March 5th and March 12th representatives of the home economics 4-H Clubs will discuss their 4-H work and activities.

Sincerely,

Mildred O. Eaton

Home Demonstration Agent
Graham-Greenlee Counties

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Duncan

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Greenlee County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work



MEETINGS that will HELP
YOU with this Problem:

April Club Meetings ---
"Menus for the Entire
Family".

May Club Meetings ---
"Shopping to Save" (for
food).

April 13 - Greenlee County - 10 A. M. to 3:00 P. M in the Plantsite
Baptist Church - (cement block church just south of the
Phelps Dodge Plant.)

April 14 - Graham County - 10 A. M. to 3:00 P. M. in the Sunday School
Room of the Safford Methodist Church.

These meetings are open to each and every homemaker who is interested
in handling the family money and spending. This isn't a leader meeting.
This lesson won't be given at club meetings. If you are interested, why
not come to one of the above meetings? You need not be registered to
come.

Miss Grace Ryan, Home Management Specialist, University of Arizona,
will conduct the meeting.

Very truly yours,

Mildred O. Eaton

Encl
MOE:fs
cc:136

MILDRED O. EATON
Home Demonstration Agent
Greenlee-Graham Counties

GREENLEE HOMEMAKER'S COUNCIL MEETING

April 28, 1955
Elks Hall, Clifton

A. M.

- 9:45 - Registration
- 10:00 - Salute to Flag
- 10:05 - Homemaker's Creed
- 10:10 - Business Meeting
- 10:45 - Roll Call by Clubs
- 10:50 - Reports by Clubs on Activities
- 11:00 - Presentation of Achievement Certificates
- 11:05 - Group Singing
- 11:10 - "Going Forward with Extension "
By Home Demonstration Agent
- 11:25 - Report on 4-H Club Activities
By Mrs. Cleo Scott, County 4-H Publicity Chairman
- 11:40 - County Fair Plans
By Roy Jeter, County Agent
- 11:45 - "My Experiences at National 4-H Congress"
By Dwain Gale

NOON - Lunch (Covered Dish)

P. M.

- 1:00 - Better Dress Revue

GRAHAM HOMEMAKER'S COUNCIL MEETING

April 29, up Aravaipa Canyon

A. M.

- 11:00 - Recreation

NOON - Picnic Lunch

P. M.

- 1:00 - Business Meeting
Reports by each Club Chairman
- 1:30 - Talk by Miss Jean Stewart, State Home Demonstration Leader
- 1:45 - Stretcher
Mrs. Marilyn West, Thatcher
- 1:50 - Talk, "Spanish Moss", by Mrs. Inez Haring
- 2:30 - Stretcher
- 2:35 - Talk, "National 4-H Congress", by John L. Sears, County Agent
- 2:45 - Announcements by Home Demonstration Agent
- 2:50 - Group Singing
Led by Mrs. Jane Weathersby
- 3:00 - Adjourn

TIPS IN BUYING READY-TO-WEAR WOMEN'S DRESSES

A-- Cotton fabric firmly woven:

- 1- Very little if any sizing. Test for sizing may be made by:
 - a- rubbing between hands (if powdery substance shown this indicates sizing)
 - b- scratching with fingernail lightly brings powder to top.
- 2- Fabric color-fast as nearly as possible.
- 3- Fabric which has some shrinkage control treatment.
- 4- Fabric selected for correct color harmony and attractive on individual.
- 5- Trimmings which will launder successfully.
- 6- Finishes that are permanent or appropriate to the care to be given.
- 7- Use such fabrics as percale, broadcloth, print, denim, gingham.

B-- Construction:

- 1- Seams finished. Minimum of $\frac{1}{2}$ inch, more is desirable.
- 2- Stitching of seams is even and firm. Minimum of 12 stitches to the inch.
- 3- Thread matches background of fabric.
- 4- Hem $1\frac{1}{2}$ inches to 2 or $2\frac{1}{2}$ inches preferred, unless very circular
- 5- Trimming --
 - a- attached firmly
 - b- washable and neat after laundering, not loose.
 - c- buttons sewed on individually
 - d- buttonholes closely worked, no clipped edges.
 - e- belts, washable, and even in width
 - f- buckles in the belt, washable or non-rusting.

C-- Styling features for safety to wearer:

- 1- No loose panels or flying belts
- 2- Sleeves that are short or fit close to the arm
- 3- Skirts cut full enough to allow safety to the wearer:
 - a- ease in walking or going upstairs
 - b- ease in stooping
 - c- extremely full skirts are sometimes dangerous - often cause wearer to step on the folds and fall.
 - d- extremely narrow skirts bind around the knees and hips.
- 4- Blouse fit smoothly - ease through shoulders with small amount of blouse to allow for reaching.
- 5- Waistline correctly placed for wearer, and fitted with ease.
- 6- Entire design suitable to protection and health of wearer.

From Miss Stewart comes the information that there isn't to be a Country Life Conference this year. She suggests that we may want to hold a county wide meeting - a summer camp or conference day - for fellowship, recreation, and new information.

What are your plans for National Home Demonstration Week? It would be nice if each club set up a window display featuring some phase of our extension program.

STANDARD SIZING FOR WOMEN'S CLOTHES

On January 6th, a Recommended Commercial Standard on Body Measurements for the Sizing of Women's Patterns and Apparel, TS-5200A, was released by the United States Department of Commerce to producers, distributors and purchasers of women's patterns and apparel. The recommendation provides size-to-size measurements and proposes that all the different items of women's apparel, underwear and outer wear, be sold by the same size designations, e.g. misses size 12, Juniors' size 11, Women's size 38, Half size 18½, etc. TS-5200A provides for proportioned heights and for the more common figure variations - women with slender hips and those with full hips.

For the consumer The Standard offers assurance that size will not vary because of price or brand. She will be able to buy all clothing by the size she knows best -- her dress size.

The Standards are currently being used by three large mail order companies. Two of them give credit to the commercial standards division of the Department of Commerce. All three publish the size scale exactly like the commercial standard.

HOW DO YOU WORK?

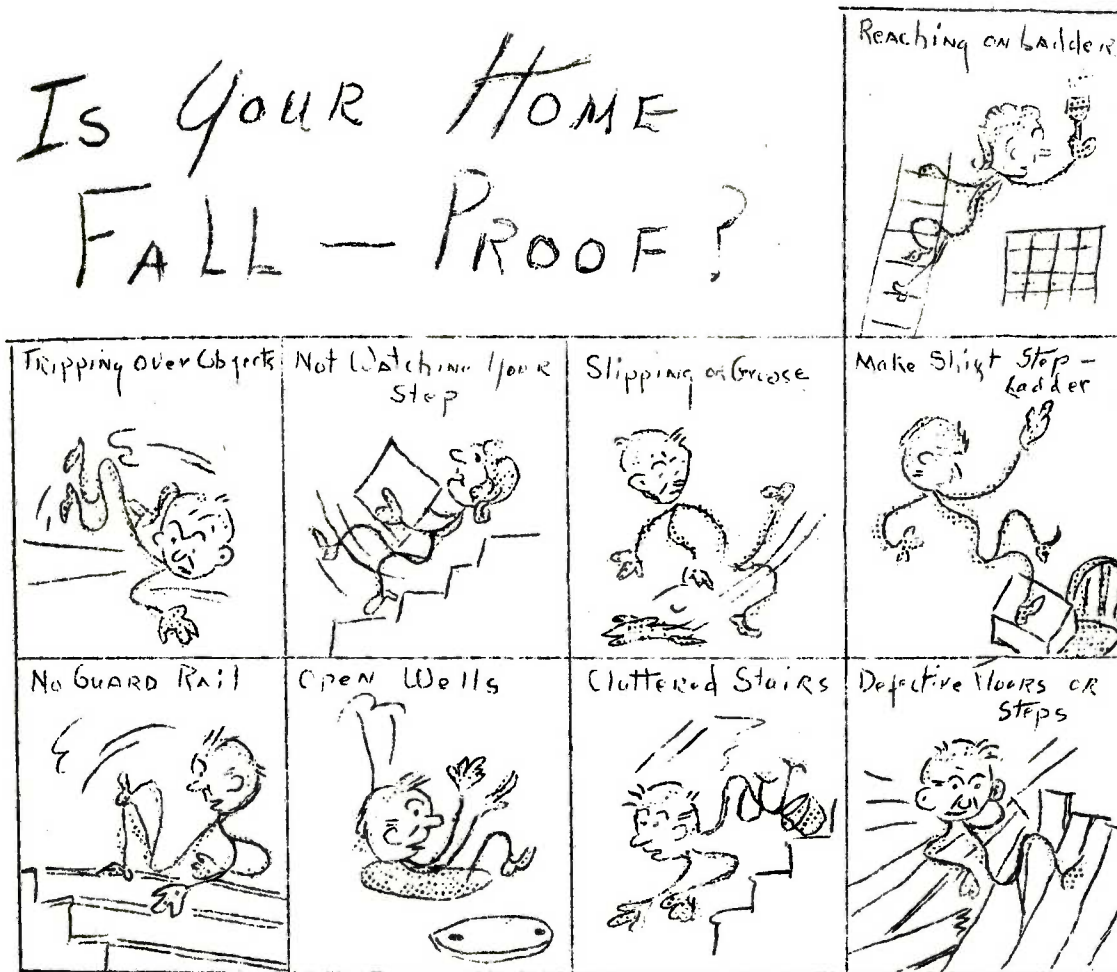
1. Are you a "putterer" - forever picking up and putting down?
2. Are you a "can't-finder" - always on the hunt?
3. Are you a "never-get-througher"?
4. Are you an Atlas, carrying the weight of the day's, week's or month's work on your shoulders as you do your tasks?
5. Are you a "put-er-offer" - and at the last minute do you hurry and rush to get things done and maybe have an accident?
6. Are you an "over-doer" one day and then do you take two or three days to get over it?
7. Are you a "nasty-nice" housekeeper, who wears herself and the family out on unnecessary work?
8. Are you a martyr to the cause of housekeeping who glories in being worn out?

Are you looking for something different? Here's a suggestion:

"TEA WITH LEMONS" -- With yellow invitations in the shape of lemons, invite your members to "Tea With Lemon". Ask them to bring, for sale at the tea, any "lemons" (articles they own which are still in good condition, but which they no longer want). Follow this up with yellow decorations for your meeting. For refreshments of course, tea with lemon, lemon wafers, and so forth.

Display the sale article for all to see before the tea, and ask members to write their bids on small folded pieces of paper which are slipped under the article. After refreshments (during which bids are tallied) the article goes to the highest bidder and what may have been a "lemon" in some home, now has become a "lemon-aid" to your club treasury.

Is Your Home Fall-Proof?



POPPY SEED CAKE

Mrs. Ervin Kuykendall, member of the Aravaipa Homemakers Club, shares her recipe for Poppy Seed Cake with us.

Soak $\frac{3}{4}$ cup poppy seed in $\frac{3}{4}$ cup sweet milk over night. Next morning: Cream $1\frac{1}{2}$ cups sugar and 1 cup butter or margarine (2 sticks). Add: 2 cups flour, 2 teaspoons baking powder. Add poppy seed mixture and 1 cup more milk. Mix well, then fold in 3 stiffly beaten egg whites and 1 teaspoon vanilla. Bake in 3 layers in moderate oven.

FILLING FOR POPPY SEED CAKE:

3 egg yolks
1 cup milk

$\frac{1}{2}$ cup sugar
1 teaspoon cornstarch

Cook until thick over double-boiler. Remove from heat and add 1 teaspoon vanilla and 1 cup chopped nuts. Chill a few minutes. Spread between layers of cake. Frost top and sides with your favorite powdered sugar frosting.

RESULTS -- ORGANIZATION

Membership in homemakers clubs, interest in extension information, and the home demonstration agent's services have increased during the year. This is shown by the increase in phone calls for information and requests for bulletins and the agent's services.

The nominating committee set up the following qualities as a guide in selecting homemakers to be nominated as officers of the County Council. To be a good leader she should -

- 1- Be an active member of her homemakers club.
- 2- Participate in county activities.
- 3- Able to attend executive committee meetings.
- 4- Willing to assume responsibilities of her office.
- 5- Have the experience and qualifications for the office.

CLOTHING

The lesson, "Individualizing Style", was given to sixty one homemakers in the four clubs by the home demonstration agent. Information was given on how to make ourselves more attractive by playing up our good points and hiding our poor ones through the style and fabric used in our clothes. How the silhouette, proportion, illusion, and emphasis could be used was discussed and illustrated through clothes for two identical dolls.

The lesson, "Decorative Trims and Finishes", was given for forty members of the homemakers clubs by their leaders. The leader training meeting was conducted by Miss Helen Church, Clothing Specialist, University of Arizona.

Three all-day workshops were held during May for twenty four homemakers who cleaned, oiled, and adjusted their sewing machines -- one for ranch homemakers in the York area, one for miners wives in the Morenci area, and one for members of the LDS Relief Society in the Franklin area. The home demonstration agent gave instructions and supervised the work.

The following is a picture taken during the Morenci Sewing Machine Workshop:

Leaders who attended the special Better Dress project conducted construction training meetings and gave assistance to other homemakers with special problems.

The home demonstration agent included timely and useful information to homemakers in her weekly newspaper column and monthly radio program.

Results - Clothing

The interest in the lesson, "Individualizing Style", was shown through questions asked the home demonstration agent throughout the year and requests for further information made. This is a type lesson that is difficult to collect figures on use and progress.

The lesson, "Decorative Trims and Finishes", was given so recently that the home demonstration agent didn't try to collect figures on use made. This information will be collected in March and included in the 1956 report.

Seven of the twelve ladies attending the (five sessions) special interest "Better Dress" project reported giving assistance to thirty three other homemakers through twenty meetings of six classes; and eleven other homemakers with specific construction problems.

15 garments were completed by the 12 ladies attending the training meeting. 28 garments were completed by the ladies being assisted by the leaders.

The three workshops on cleaning and adjusting the sewing machines gave assistance to 24 homemakers. Requests are in for other workshops in two of the three areas.

The reading and use of information in the home demonstration agent's weekly newspaper column seems to be rather extensive and reaching more than her radio programs. This can be noted by requests for bulletins, assistance from more homemakers, hearing them tell of scrap books of information they were making, and referring other homemakers to the home demonstration agent and extension office for help with their problems.

FOODS AND NUTRITION

Lessons on "Menus for the Entire Family" and "Shopping to Save" were given at homemaker meetings in April and May.

Leader training meeting for the lesson on "shopping to Save" was conducted by Mrs. Elsie Morris, Food-Nutrition Specialist, University of Arizona.

Leader training meeting for the lesson on "Shopping to Save" was conducted by the home demonstration agent. Buying practices were discussed and information given on how these practices could be improved. The following conclusions were made:

- 1- Plan carefully what to buy to best advantage.
- 2- Consider where to buy to best advantage.
- 3- Learn when it is economical to buy.
- 4- Study how to improve your shopping methods.

Two foods leaders assisted the home demonstration agent with one radio program by giving the skit -- "Mrs. Penny-Wise and Mrs. Pound Foolish".

Assistance was given by the home demonstration agent to homemakers who phoned, called at the office, wrote letter, and contacted her on the street. Bulletins were given or sent out as needed.

Information was given homemakers by the home demonstration agent through radio talks and her weekly newspaper column.

Results - Foods

The lesson, "Menus for the Entire Family", was given by 8 leaders for 46 members of the 4 clubs. The foods specialist

from the University conducted the training of the leaders.

The lesson, "Shopping to Save", was given by 8 leaders for 47 members of 4 clubs. The training meeting was conducted by the home demonstration agent.

One homemaker found that "shopping on weekend sales you can make your food dollar go farther, by planning the menu you have better meals and food value, and by buying cheaper cuts of meat you can serve more meat dishes".

Another homemaker said that she cut down on her milk bill and saved \$1.70 by buying powdered milk; her husband didn't know he was drinking half dried and half pastuerized milk.

These comments were typical of those made by several homemakers after the shopping lesson.

Information of value to homemakers was discussed over the radio and through the newspaper column.

The leaders and members felt that the menu lesson was a repetition of what they had recently had.

The report on the "Shopping to Save" lesson is in the following leaders report form. The report form used for members, from which the ladies made their report is also enclosed. Very definitely there should have been two months for this lesson or else limited the lesson to certain types of foods, as canned foods, or fresh vegetables, etc.

The skit- "Mrs. Penny Wise and Mrs. Pound Foolish" was well received and helped put over some important points.

The number of requests for information on preparing cooked and baked foods for freezing both from members and other homemakers has made it important that this lesson be included in the 1956 program.

HOME MANAGEMENT

One all-day meeting on Money Management was held in April for 12 homemakers by Miss Grace Ryan, Home Management Specialist, University of Arizona. The division of family income, changes in division as income lowers or raises, keeping of records of expenditure, family needs, and values were discussed.

One club had the county attorney discuss investments, securities, wills, bank accounts, and other things that a family should do to protect themselves in case of death of the husband or the wife. Other homemakers were invited to this meeting.

In January the home demonstration agent conferred with the work director for the area covered by Greenlee County. A record was made of the monthly programs subjects. Plans were made to give assistance to work leaders with reference materials if they desired, and to conduct sewing machine workshops, and give assistance needed.

The lesson "Ironing Methods and Equipment" was given at each club meeting by the home demonstration agent. Several labor saving devises and equipment were demonstrated -- such as wide board, cord holders, sponge for dampening, sprinkles, adjustable ironing board, pad for buttons, etc. One homemaker assisted by ironing a man's shirt by method commonly used by homemakers. Under the direction of the home demonstration agent, she ironed another shirt using method in Extension Circular 206. Time, movements of shirt and of the iron were kept and results compared between the two methods.

The home demonstration agent attended the meeting on electrical equipment and detergents conducted by the Arizona Public Service Company in Phoenix on September 1st. Some of the information gained was used in her weekly newspaper column.

Results -- Home Management

The 14 homemakers who attended the Money Management lesson were really interested. Its value to them is shown in their awareness and requests for additional help with different phases of family spending, investments, and bank accounts.

The meeting held by the one club who had the county attorney was so successful that another club plans to have the county attorney for a similar meeting with them.

No figures are available yet on value of iron methods and equipment lesson. However, result of a similar time-saving method of ironing a man's shirt several years ago were shown by members who had adopted some phase of the method as their own. The ladies were interested in the time-saving equipment. When the report on use of this lesson is made within a few months, no doubt it will show that several have obtained some similar equipment.

The lesson --Ironing Methods and Equipment - was given to 47 homemakers in the 4 clubs by the home demonstration agent.

HOME FURNISHING

The special lesson - "Refinishing of Furniture" - was given during a two-day training meeting by Miss Grace Ryan, Home Furnishing Specialist, University of Arizona, assisted by the home demonstration agent.

Leaders attending the meeting gave information on removal of old finish, preparation of wood, and application of the new finish for members of their homemaker groups during November. Samples of wood finishes were used as illustrative material during the clubs discussion.

Picture is of Mrs. Flora Munkres, Morenci Homemaker, refinishing her chair during the special training meeting.



Assistance was given homemakers by the home demonstration agent through home and store visits with their furnishing problems.

One homemaker collected information in the county from ladies who had, and on how they had, used burlap in their furnishings. This information was phoned the home demonstration agent who was collecting information for Miss Lora Stone, Regional Agent for the Better Farming Magazine.

Results - Home Furnishings

8 homemakers finished 8 pieces which they started during the special two-day workshop on refinishing of furniture during the last of October.

No figures are, as yet, available as to how many pieces of furniture these 8 eight ladies will refinish nor the use that will be made of the information which they gave for their club members at the November club meeting.

Assistance was given homemakers with their furnishings problems through the radio programs, newspaper column, and by personal contact and over the telephone.

HEALTH AND SAFETY

The lesson - "First Aid in the Home" - was given by leaders at their June club meeting.

The leader training meeting was conducted by a registered nurse - a member of one of the Greenlee County Homemakers Clubs. One of the outlines which she used during the meeting is enclosed.

The home demonstration agent gave a talk on "Living With Your Heart" for members of the Morenci Garden Club. Types of heart diseases, causes, what to do to prevent damage to the heart, and live with a damaged heart were discussed.

Results - Health and Safety

The lesson - "First Aid in the Home" - was given by 4 leaders for 47 homemakers in the 3 club meetings.

The following report form is the one used by leader to obtain use of lesson and material from the First Aid lesson. Figures show information gained.

MEMBER'S REPORT FORM- - - - "FIRST AID IN THE HOME"

Did you attend the meeting when the lesson "First Aid in the Home" was given?

11 Yes - 14 No

Did you receive one of the outlines on this lesson?

10 Yes - 11 No

Since your June homemakers' meeting - -

I. Have you:

19 Yes - 4 No

1. Cleaned out your medicine cabinet? _____ or prepared a place for first aid supplies? 15 Yes - 3 No

2. Thrown away all old medicines? 20 Yes - 5 No

3. Labeled all poisons so that they wouldn't be mistaken in the dark? 15 Yes - 5 No
Placed them where children couldn't reach them? 15 Yes - 3 No

4. Checked over your first aid supplies and gotten the things needed so that now you have a well supplied first aid kit, cabinet, or shelf in your home? 14 Yes - 4 No

II. What accidents and emergencies have you and your family had this summer?
Reporting List: None (12) (Treatment)

1 Hit on head with rock - Washed out cut and cut hair around cut.

1 Fractured knee - Saw doctor

1 Hurt leg - Saw doctor, X-ray, dry bandage, elastic bandage

1 Broken leg - Saw doctor

1 Cuts and burns - Sun & fire - Methealate, soda & vinegar suntan oil

~~What treatment did you use for each accident?~~

2 Cut finger - Put on tape, disinfectant, and bandage

1 Smashed finger - Soaked in Epson salts and water

1 Small burn - Burn Ointment

Did you refer to your lesson outline or the Red Cross First Aid book before treatment? 3 Yes - 4 No - 1 remembered from lesson

III. Did you give this lesson for your club as the leader of the lesson? 2 leaders reported

Give name of your homemakers' club Morenci and York

DATE: _____

This lesson was given in June during the Phelps Dodge strike in area where 62 of the 88 homemaker club members live. Attendance was less than half of each club present.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Graham County Cooperating

Safford

Agricultural Extension Service
Home Demonstration Work
County Agent Work

May, 1955

"FIRST AID IN THE HOME"

AIMS:

1. - To discuss first aid for common emergencies that can be used by the homemaker.
 - a. - to understand when to call the doctor
2. - To encourage the homemaker to equip a first aid cabinet
 - a. - clean out and throw away old medicines
 - b. - check supplies at frequent intervals
3. - To understand the Civil Defense Program and the homemaker's part in it.

WHAT IS FIRST AID?

It is the immediate, temporary treatment given in case of accident or sudden illness before the services of a physician can be secured.

MEDICINE CABINET:

Keep only medicines that are in actual use. Some medicines become stronger and some weaker with age. Medicines prescribed for one person should never be used in treating another person.

Poisons should be labeled plainly and in such a way that they aren't mistaken in the dark. They should be kept locked up so small children can't reach or get them.

A WELL EQUIPPED FIRST AID CABINET SHOULD CONTAIN:

- a tube of petrolatum (petroleum jelly)
- a small package of baking soda
- a roll of adhesive tape
- a small box of absorbent cotton
- a few packages of finger dressings
- a few sterile gauze squares
- a few gauze bandages of different widths (or clean white cotton cloth torn in strips)
- a pair of scissors
- a pair of tweezers
- a fever thermometer
- a medicine glass
- a medicine dropper
- a poison chart

Your doctor may suggest adding medications such as an antiseptic, a laxative for occasional use, a lotion for treatment of poison ivy and insect bite, or a headache remedy.

WOUNDS

Small with little bleeding

- a. clean the wound
- b. put on clean dressing (demonstrate butterfly adhesive)

Deep or Gaping Wounds

Need to be seen by the doctor - may need to be sutured (stitched)

Wounds with Excessive Bleeding

should be seen by the doctor as soon as possible - while waiting apply pressure bandage

Abrasives

- a. cleanse with ivory soap and water (demonstrate how)
- b. apply antiseptic and bandage

Puncture Wounds

- a. find out kind of nail or object causing wound
 1. if rusty or covered - call doctor for advice
 2. small wounds that have very little bleeding can be dangerous

HEMORRHAGE

1. have bleeding part higher than heart
2. if external - control with pressure bandage
3. if nose - put ice pack on back of neck and cold icy cloth on nose
4. if continuous (more than 20 minutes or very profuse) call a doctor
5. from ear - always call doctor

BITES

DOG: report all bites to family physician or health officer who will give treatment

SCORPION: apply ice on wound - call doctor who will give further instructions

OTHER INSECTS: including centipede:

Apply ice - if they itch, pack with damp soda. If very uncomfortable ask doctor's advice

SNAKE:

- a. keep poison localized by applying tourniquet above and below bite
- b. call doctor immediately
- c. if going camping or fishing, ask doctor's advice about anti-venom kit

FALLS:

1. have patient lie down to avoid shock
2. don't move patient but call doctor. Make patient comfortable where he or she is

SHOCK:

Patient is pale, skin is cold and clammy - usually feels very apprehensive and nervous

Reassure and keep patient warm until doctor comes

FAINTING:

Lower head lower than the heart

BURNS: FIRST DEGREE:

Skin is reddened but not broken

1. apply vaseline or blend burn ointment
2. cover with light dressing

SECOND DEGREE: reddened skin with blisters

1. If blisters are extensive - call the doctor
2. If blisters are small try to leave unopened
3. Apply and loose bandage

THIRD DEGREE : OR EXTENSIVE BURNS

1. Notify doctor immediately
2. Keep patient lying down, head lowered and avoid exposure to cold until doctor comes
3. If burned clothing has adhered - leave for doctor to remove
4. DO NOT APPLY COTTON, IODINE OR OIL

Acid Burns: Bathe with mild alcohol or weak soda (with a carbolic acid burn use only diluted alcohol)

Caustic burns: lye or ammonia

Bathe with weak vinegar or lemon juice solution

POISONING: Be familiar with chart at all times

1. find out kind of poison
2. look on poison chart for treatment, then call the doctor
3. reassure the patient

CONVULSIONS

1. put wrapped spoon handle between teeth to avoid biting of tongue
2. call doctor
3. find out cause - if possible and ask doctor for instructions
4. relax muscles with damp or dry heat (be very careful not to burn)

CIVILIAN DEFENSE

Prepare yourself for seeing extensive accidents

You can help best by:

1. keeping calm
2. obeying instructions by those in authority
3. reassuring patients
4. being cheerful and optimistic; don't complain about what can't be avoided
5. offering your services is not only a patriotic duty, but may contribute to self preservation

May, 1955

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RECREATION

The Homemaker's Clubs held Christmas parties during their December meetings and family picnics during July or August.

COMMUNITY

The home demonstration agent shared the weekly radio programs each month by the county agent taking the ones on the first, second, and third Saturdays and the home demonstration agent taking the one on the fourth Saturday. The home demonstration agent took only one because of the distance she had to travel to the station. These programs were broadcast over Station KCLF, Clifton, Arizona. Sometimes one, sometimes the other, and some times both agents took the fifth Saturday programs.

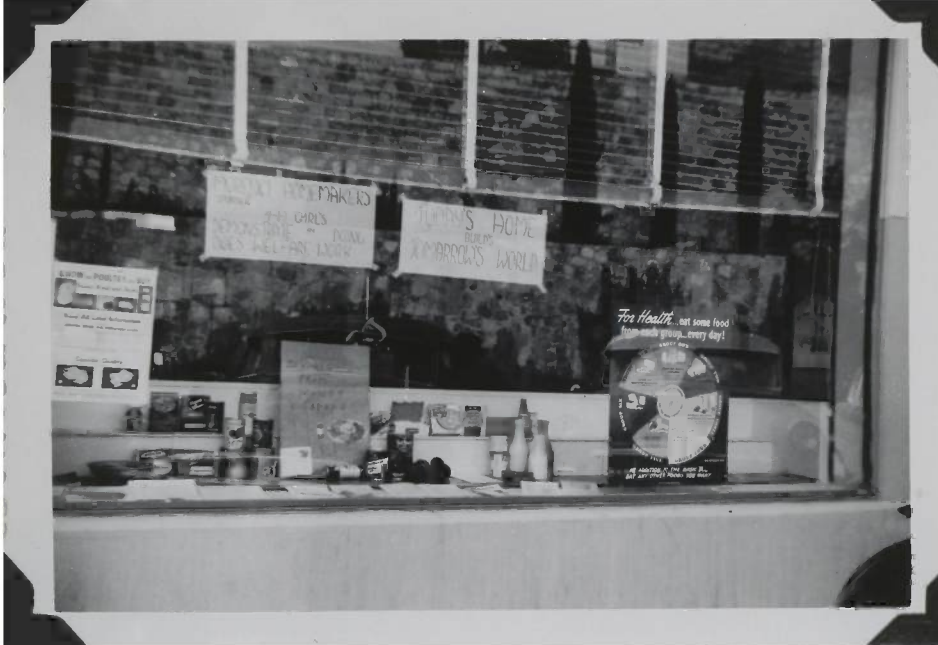
The home demonstration agent wrote a newspaper column which was published in the weekly county Copper Era newspaper. During the first few months the column was printed under the heading -- "For Homemakers". In July it was changed to "Chatting - With the Home Demonstration Agent", with a small copy of her picture as a part of the heading. A copy of a column under each heading is enclosed.

Timely, up-to-the-minute information was given through the radio and newspaper column. Answers to questions asked by homemakers were frequently included for the use by other homemakers. The public was kept informed of bulletins available - new, as well as old - homemaker lessons and activities, and how to go about getting assistance from the home demonstration agent and obtain bulletins.

Special articles on adult and 4-H activities were prepared for the county newspaper by the home demonstration agent. From time to time the home demonstration agent sent in articles of value to homemakers in planning, making, and selecting articles to be entered in the county fair.

The Morenci and Plantsite Clubs had window displays in Morenci during National Home Demonstration Week. The Plantsite ladies featured information gained through laundry and clothing construction lessons. Picture taken was spoiled by reflection of nearby store windows.

Picture of Morenci Homemakers Display featuring information gained through Menu Planning and Shopping Lessons.



The York Homemakers had a display during National Home Demonstration Week in a Duncan window. It featured Clothing Construction lessons.

The Home Economics Fair Superintendents held two meetings to plan for homemakers exhibit space, entries, and information for the county fair booklets. The home demonstration agent met with the ladies and assisted with the planning.

The exhibits for homemakers and 4-H were placed in the fair building. The home demonstration agent assisted in planning for and supervising its construction.

Results

The weekly newspaper column seems to be widely read throughout the county. Requests for help have come from homemakers from all communities in the county. Many of these lead from their having read the home demonstration agent's column.

Some homemakers are keeping scrap books of information clipped from the home demonstration agent's column.

The homemakers like the change in heading for the column from "For Homemakers" to one with her picture with the heading "Chatting With The Home Demonstration Agent". Very definitely the addition of the picture has helped more people know the home demonstration agent and seek her help.

The column is reaching three or four times the number of people as her radio talks. She had no information to indicate that any requests came from the radio talks.

Special articles on adult activities were written by the home demonstration agent and by the county reporter for the County Council.

The home demonstration agent cooperated with the homemakers and superintendents in their exhibit displays during the county fair.

During the county fair the home demonstration agent had an opportunity to meet and chat with other homemakers from all parts of the county. She talked with several in the Franklin and Duncan areas in regard to them organizing a homemakers club.

The following are pictures taken of homemakers exhibits during the county fair.



Mrs. Margaret Sloan of Morenci, exhibitor, and Mrs. Flora Munkres, Superintendent of the Clothing and Household Arts Division, examine one of the articles on which Mrs. Sloan received blue ribbons.



Mrs. Cleo Scott of Stargo, exhibitor, discusses her exhibits of canned food with Mrs. Mary Monsegur, Superintendent of the Foods Division. Mrs. Scott received blue ribbons on her exhibits.

Special articles on adult and 4-H activities were prepared for the county newspaper by the home demonstration agent. From time to time the home demonstration agent sent in articles of value to homemakers in planning, making, and selecting articles to be entered in the county fair.

Homemakers all over the United States, Hawaii, Alaska, and Porto Rico are observing National Home Demonstration week. Here in Arizona there are 5,000 homemakers in 178 clubs which cooperate with the Arizona Agricultural Extension Service, University of Arizona.

Graham County has 50 homemakers in 3 clubs—Thatcher, Eden, and Aravaipa. Greenlee County has 88 homemakers in 4 clubs—Morenci, Plantsite, Clifton, and York.

Greenlee County has been observing National Home Demonstration week by holding their County Council meeting on April 28, a leader training meeting May 6 for the lesson—"Shopping to Save," sewing machine clinics, and window displays.

The Morenci Club is featuring good nutrition and appetizing meals for their families and shopping economically for food in their window display in one of the Morenci stores.

The Plantsite Homemakers Club is showing better methods for laundrying and making of clothes in their window display.

Miss Grace Ryan, home management specialist, University of Arizona, will be with us next week for two meetings on Family Spending. The one in Greenlee County will be held at the First Baptist Church in Plantsite on Wednesday, April 13. The one in Graham County will be held at the Safford Methodist church on Thursday, April 14.

Both meetings will start at 10:00 a. m. and run until near 3:00 p. m. These meetings are open open to all homemakers who are interested in spending the family income—dividing the dollars to provide for family needs—keeping records of family spending—planning for future spending. Every interested homemaker is invited to attend one of these meetings.

Do you know people who spend their money as fast as it comes in and then wonder at the end of the month where it all went and what they have to show for it? Do you know others who don't have any more money to spend, but always seem to get the things they want?

Hopes and dreams, and what is important to you are personal matters. Whatever they may be, a plan can help you reach your goals.

Don't forget the "Family Spending meetings next Wednesday and Thursday.

THE COPPER ERA

MORENCI LEADER and DUNCAN VALLEY NEWS

SECTION TWO

FRIDAY, JULY 8, 1955

PAGE FIVE

FOR HOMEMAKERS

By MILDRED O. EATON
Home Demonstration Agent
Safford, Arizona.

Schedule

July 8—Graham County Home Economics 4-H Demonstration and Dress Revue Contests—10 a.m.

July 8—York Homemakers — 2 p.m.

July 8—Thatcher Homemakers — 3 p.m.

July 13—Greenlee County Home Economics 4-H Judging Contests and Training—10 a.m.

July 14—Graham County Home Economics 4-H Judging Contests and Training—10 a.m.

July 15—Eden Homemakers— 2:30 p.m.

The home economics 4-H Judging Contests will be held July 13 in Duncan Methodist Church, and July 14 in the Home Economics Department of the Safford High School. Parents and friends are invited to attend these 4-H activities.

The Greenlee County 4-H Demonstration Contests were held Wednesday the 6th in the Duncan Methodist Church and the Graham County 4-H (H.Ec.) Demonstrations will be held Friday, the 8th in the Home Economics Department of the Safford High School, beginning promptly at 10 a.m. Friends and parents are invited to watch these demonstrations. Garments made will be modeled following the demonstrations.

Time has come to start getting ready for your County Fair Exhibits. What entries do you plan on making this year? What can you do to improve the quality of your exhibit and make it the very best possible?

Each week I will include something in this newspaper or this column which will be of value to you in making and selecting the articles for your exhibits. Call me at Safford 150 and I will be glad to discuss your exhibit plans with you. If I'm not in leave your number and I will call you.

Do you sometimes have trouble getting your egg whites to whip? The viscosity of egg white is such that it tends to hold air beaten into it and form a foam. This increases the usefulness of eggs in food preparation. The volume of foam formed is influenced by various factors such as age of the egg, temperature of storage, rapidity of beating, and addition of other materials.

Eggs deteriorate rapidly at room temperature, especially fast these hot days. An egg may drop from Grade A quality to a Grade C quality in only a few hours. A Grade C and D egg won't whip satisfactorily for sponge or chiffon pies or cakes, or for meringues. So! if your eggs have set in a warm place long enough you won't get a satisfactory whip, even though the eggs may have been Grade A or AA when purchased.

chlorine, discoloring and weakening the fabric, especially if the fabric is white. The label on the garment or the goods should give this information.

Sodium perborate is a powder. You can buy it bulk at the drug store, or you can buy it under a brand-name packages. Snowy and Dexol are two brand names for perborate bleach.

Not all finishes on cotton include resin. Many cottons that look like silk are mercerized—a permanent finish that needs no special care. Most special finishes except mercerizing are gradually lost by wear and laundering.

When you buy finished cottons as yard goods, try laundering a sample to learn how to treat the fabric to keep its appearance. Informative labels on both ready-made garments and yard goods are especially helpful.

Grease spots on finished cottons may also need special attention to come out satisfactorily. Sponge these spots with cleaning fluid—grease solvent—before laundering them to make sure all the grease is out.

What do you get when you buy 'fresh' eggs? Have they been graded? How do you know that the eggs haven't laid in the nest in this hot weather part or all day—long enough to drop from a Grade A to a Grade C or D in quality? If this has happened, was your purchase a good buy?

Call or write me at the extension office for a copy of the following: Bulletin No. 26—"Egg Buying Guides for the Consumer" and the Chart—"U.S. Standards for Quality of Individual Shell Eggs."

Other Bulletins that you may wish are:

No. 34—"Poultry Buying for the Consumer"

No. 21—"A Fruit and Vegetable Buying Guide for Consumers"

No. 279—"Chicken in the Freezer"

No. 10—"Home Freezing of Fruits and Vegetables"

No. 224—"High Altitude Cakes" (new, just printed)

Finished Cottons Need Right Care. When you buy garments or yard goods, consider the finish as well as the fabric for successful laundering and removal of spots and stains.

Many of our new fabrics are finished with resin. This gives them—resistance to wrinkles and soil, and decorative effects, such as a glazed sheen or raised designs that appear sculptured or embossed. The resin finish adds to the attractiveness of the goods and saves cleaning and pressing.

If it is necessary to use a bleach on resin-finished cottons and linens, use a Perborate Bleach, rather than a chlorine bleach. Clorox and many of our household bleaches and those put out by some dye companies are chlorine. The resin absorbs

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THE COPPER ERA

MORENCI LEADER and DUNCAN VALLEY NEWS

SECTION THREE

FRIDAY, OCTOBER 7, 1955

PAGE THIRTEEN



Chatting

With Your
Home
Demonstration
Agent
Mildred O.
Eaton

I will be at the Greenlee County Fair during these next few days. Come on over to Duncan and see our exhibits. They are really nice. You will miss seeing some interesting things if you don't come.

Do you have trouble with spots and their removal? Write or call our office for a copy of the bulletin on removal of stains from fabrics.

Here are some simple home methods for some problems: To remove rust, add $\frac{1}{2}$ teaspoon of oxalic acid to the detergent and run another wash cycle. To remove coffee or tea stains, add

one teaspoon of clorox to the detergent and wash. To remove film and spotting from hard water, add two cups of vinegar to the wash cycle.

Next year the Extension Home-maker's Club are having a lesson on Care and Treatment of Fabrics. During this lesson they want to find out more about the care and laundry of fabrics with these new finishes as well as of those made from our synthetic fibers. Watch for this lesson and plan to attend.

So many of our finishes on fabrics now are a resin finish. Check the label when you buy materials or garments. Crease resistant finish is one of the new resin finishes. If the finish is a resin finish you will need to be careful not to launder that material with anything that has been bleached with a chlorine bleach.

Chlorine bleach will turn the material yellow or leave yellow streaks. Also, it will lower the scorch resistance of your material, so that you will have to use a cooler iron for ironing or pressing. Should this happen to one of your garments, you could try using Rit to turn the material white again.

A perborate bleach should be used for bleaching materials with the new resin finishes. It can be purchased as a powder at the drug store, or you can buy the commercial bleach. "Snowy" is the only perborate commercial bleach that I have found in the Safford stores.

Are you entering canned goods in the County Fair? If so, for goodness sakes, take a rag and wash those jars until they are clean before you enter them. Last week I judged canned foods in a county fair. You have no idea how much easier it is to judge a clean jar of food. A clean jar makes a more attractive display,

and will score higher, since cleanliness is one thing a judge looks for while making her decision.

Do you ever have trouble getting your egg whites to whip? Several weeks ago I gave information about the whipping power of egg whites and the way the grade of the egg affected the whipping. Mrs. L. C. Lawrence of Safford has an interesting way of whipping egg whites. She uses two heaping tablespoons of marshmallow cream to each egg white. She says the cream not only gives a delicious flavor but helps prevent a weeping meringue.

Gingerbread Mix

8 cups sifted all purpose flour; 1 tablespoon double-acting baking powder; $1\frac{1}{2}$ teaspoons soda; $1\frac{1}{2}$ tablespoon ginger; 1 tablespoon cinnamon; 2 teaspoons salt; 2 cups sugar; 2 cups fat.

Sift together dry ingredients. Cut in fat until mixture is like cornmeal. Store in covered container.

To use the gingerbread mix—beat together one third cup molasses, one third cup buttermilk and 1 egg. Add 2 cups of mix and beat until smooth. Turn into a greased 7x11 or 8x8 inch pan and bake at 375 degrees for 40 to 50 minutes or until it springs back when touched.

THE COPPER ERA

MORENCI LEADER and DUNCAN VALLEY NEWS

MORENCI HOMEMAKER OFFICERS SET PLANS

The Morenci Homemakers held an officers meeting Jan. 6, at the home of Mrs. Margaret Bemel in Fairplay, to nominate a project committee for the coming year. Plans were discussed for getting more women interested in becoming members of the Homemakers Club.

Officers present were president, Mrs. John Bemel; vice president, Mrs. William Cox; corresponding secretary, Mrs. Ernest E. Munkres; secretary-treasurer, Mrs. Elred Duhlap; reporter, Mrs. Charlie Patton; recreation leader, Mrs. Vernon Cagle, was not present at this meeting.

The next regular meeting of the Club will be in the home of Mrs. Flora Munkres at 28A Fairplay, Jan. 20. Miss Mildred Eaton, county demonstrator, will be present. Anyone wishing to visit or join the Homemakers Club is welcome to attend any meeting at the club.

BANKER SPEAKS TO 'SITE HOMEMAKERS

The Plantsite Homemakers met on Tuesday, Feb. 15, at The First Baptist Church in North Plantsite. Mr. K. O. Berry, of The Valley National Bank in Morenci, was guest speaker for the occasion. The subject of his speech was Banking, which touched upon the various aspects of Wills, Bonds, Loans, and Interest.

After Mr. Berry's very interesting speech, the hostess, Mrs. Lonetta Miles, served refreshments of cookies and soft drinks to the group.

Those present at the meeting were Eula Brown, Margie Boren, Pauline Wilmoth, Irene Andrews, Toni O'Hanlon, Dorothy Peters, Pearl Anderson, Bernice Park, Lonetta Miles, Arlene Whipple, Shirley Gentry, and Irene Mahan.

The next meeting will be held at the home of Mrs. Irene Mahan, No. 9 Sunset Blvd., on March 1. This meeting will be conducted as a social, and members will finish working on their bead and sequin necklace and earring sets that were started at a previous meeting.

Anyone interested in becoming a member of the Plantsite Homemakers organization is cordially invited to join, or to visit our meetings at any time.

FRIDAY, MARCH 25, 1955

York Homemakers Meet

Mrs. Frances Willis gave a demonstration in glass etching at the York Homemaker's Club Meeting which was held on Friday afternoon, March 18. There were fourteen members present to enjoy the demonstration, social hour, and the delicious refreshments which were served by the hostess for the afternoon, Mrs. Musset Cospier.

The next regular meeting of the club will be held to-morrow, Friday, March 25, at 2 P.M. at the Club house.

WOMEN OF GREENLEE

*Many Excellent Clothing and Foods Entries
Seen at the Recent County Fair in Duncan*



On the right is Mrs. Mary Monseguer, Morenci, superintendent of the foods department at Greenlee County Fair, admiring part of the canned foods display entered by Mrs. D. R. Scott of Morenci. Mrs. Scott won the most honor points in the various cooking classes.

QUANTITY WAS good among the abundant entries in the women's division of the recent Greenlee County Fair at Duncan. The "Best of the Fair" trophy was won by Mrs. Irene Goodnight of Morenci, who also topped the crochet contest.

Second-place winner in the crochet contest was Mrs. Celso Cordova, Morenci, whose fine thread tablecloth was the best in the Fair.

Top winner in the clothing and household department was Mrs. Shirley Gehrs of Clifton. She also received a special knitting award. Best embroidered tablecloth was exhibited by Ester Gile, Clifton, while the best practical apron was shown by Mrs. Flora Munkres of Morenci. Most outstanding homemade squaw dress was displayed by Mrs. Mary Sargent of Clifton, and Mrs. Eloise Moore, Morenci, exhibited the best textile painting.

Best exhibitor in the foods department was Bobette Golding of Duncan. Most honor points in both canned foods and baked goods went to Mrs. D. R. Scott, Morenci. In candy, jellies, jams and preserves, she also had the most honor points, with Mrs. Ruth Gale of Duncan a close runner-up. Ernest Brown of Duncan had the best candy in the children's division.

Form used to get information from leaders and
information gained

COOPERATIVE EXTENSION WORK
IN
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Agricultural Extension Service
Home Demonstration Work
County Agent Work

L E A D E R S R E P O R T

(Check on and fill out at your June Club Meeting)

LESSON: SHOPPING TO SAVE

Names of Leaders: 7 leaders from 4 clubs from

Name of Homemaker's Club: Plantsite, Morenci, York, and Clifton Clubs

Date lesson was given May X 1955 Date Report was made: June X 1955

Making report who were
Number of ladies present for lesson 26 No. ladies present for report: 41

-
1. How many planned their week's market order? 32 Yes - 2 No
 2. How many used weed-end sales? 33 Yes - 1 No
 3. How many read labels before buying? 28 Yes
 4. How many compared prices and quality of each article before making their selection? 34 Yes - 1 No
 5. How many checked and found out if their meat purchased was government, state, or locally inspected? 18 Yes, 1 No, 2 have own meat
 6. Using their planned grocery order, how many DID NOT buy many things on "the spur of the moment"? 25 Yes
 7. How many found that they saved money? 25 Yes

With Interest

How was the lesson received? _____ Make comments:

- (1) Plantsite leaders said their members thought it an interesting lesson.
(2) Clifton leader said Good! All seemed interested. Asked quite a few questions. Discussed for quite a while. (3) Morenci leaders said With

cc: 50 Interest! There were ever so many expressions of interest and the
skit seemed to be especially enjoyed.

April, 1955

COOPERATIVE EXTENSION WORK
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E. J. ...

MEMBER'S REPORT: LESSON: SHOPPING TO SAVE

During the past weeks (since the lesson "Shopping to Save") did you:

1. Did you plan your market orders before going to the store? _____
2. Did you study "Week-end Sales" and use them in shopping? _____
3. Did you read labels before buying? _____
4. Did you compare prices and quality of each article before making your selection? _____
5. Did you check and find out whether the meat was government, state, or locally inspected? _____
6. Using your planned grocery order, did you buy as many things on the "spur of the moment"? _____
7. Did you find that you save money? _____

QUESTIONS AND COMMENTS: _____

April, 1955

cc: 200

COOPERATIVE EXTENSION WORK
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S H O P P I N G T O S A V E

Foods that build good health should always be considered first when planning meals. Being well nourished does not necessarily mean being expensively fed. Balanced meals are cheaper than the costs that can come from poor health.

There isn't a set recipe to follow in order to feed a family adequately on the food dollars the family has to spend. Every family and its food needs and income vary. However, there are some food buying practices which wise buyers follow:

1. Plan carefully WHAT you must buy to feed your family adequately
2. Consider WHERE to buy to best advantage
3. Learn WHEN it is economical to buy
4. Study HOW to improve your shopping methods

WHAT YOU MUST BUY

1. Use a week's "Food Plan for Good Nutrition" found in the U.S.D.A. Home and Garden Bulletin #1 (reprint) - "Nutrition - up-to-date up-to-you", Pages 14 and 15 as a guide for the kinds and amounts of each food group needed by each member of your family
2. Plan your meals for as many days ahead as is convenient for you. Some homemakers plan for a week in advance. Others plan for the days between shopping trips. Keep your plan flexible in order to make it practical.
3. Plan your market order before going to Market, but make your plan flexible. Your food budget will benefit if you learn to substitute foods of equal nutritional value. When pot roast is available for less than chicken you had planned, or the spinach is wilted and mustard greens are fresh and crisp, change your plan accordingly.

Remember appetite appeal by serving foods that vary in texture, flavor, color and temperature. Serving a wide variety of attractive and appetizing food helps to meet nutritional needs. Use your imagination and skill to create flavorful dishes from left-overs.

4. Study "week-end" specials, compare prices and determine best buys before going to market.

SHOPPING TO SAVE: PAGE 2

5. Use fruits that are rich in Vitamin C. Compare costs of each

AS PURCHASED	SIZE OF SERVING	COST PER SERVING
small oranges	1	
large oranges	1	
frozen orange juice	1/2 cup	
fresh grapefruit	1/2	
canned grapefruit	1/2 cup	
canned grapefruit sections	1/2 cup	
canned grapefruit juice	1/2 cup	
fresh tomatoes	1	
canned tomatoes	1/2 cup	
canned tomato juice	1/2 cup	
fresh strawberries	10 berries	
frozen strawberries		
fresh raspberries	3/4 cup	
frozen raspberries		
fresh cantaloupe	1/2 of a 4 1/2 inch melon	
fresh pineapple		
frozen pineapple		

6. No food will take the place of milk or milk products in your diet. Compare costs: 5-6 ounces of cheese is equal to 1 quart of milk, and 2-3 large dips of ice cream as one cup of milk. One package of dry powdered milke will make 4-5 quarts of milk. Skim milk and nonfat dry milk need 1 1/2 ounces of butter to make them equal to fresh whole milk.
7. Meat, fish and poultry are mahor cost items in the food budget. You need to select these protein foods wisely in order to stretch the food dollar. Meat may be purchased by grade as well as cut. Suit the grade and cut to your purpose. Compare edible portions and costs of the various cuts, and kinds of meat. Is the cheapest cut always the most economical? Is the most expensive cut the vest in quality? Is the meat inspected? - government, state of local?
8. Eggs are purchased by grade but they must be held at a cool temperature or a grade A egg can very quickly become grade B or even C. Grade A eggs are high quality and suitable for all purposes. Grade B are good for general cooking and grade C are suitable for baking in which egg is used more flavor and color rather than thickening or to make a product light.

Small eggs have greater shell waste than larger eggs. Therefore, if the difference in price between large and small eggs is small, it will pay you to buy large ones.

Check weight of each size and grades, and compare ~~value with costs~~

9. Poor quality fresh fruits and vegetables are poor buys. They have lost Vitamin C value more rapidly than they have lost quality. When possible consider the cost per serving when you buy fresh, frozen, or canned produce.

The following examples may help you make better choice when purchasing vegetables:

SHOPPING TO SAVE: PAGE 3

SNAP BEANS: One pound of fresh snap beans provides 5 half cup servings -
current price is _____, Cost per serving _____

No. 303 can of snap beans provides 4 half cup servings, current price is _____
cost per serving is _____

One 10 ounce package of frozen snap beans provides 4 half cup servings,
current price is _____ cost per serving is _____.

TOMATOES: One pound fresh tomatoes provides 4 servings. Current cost is _____
cost per serving is _____

One #303 can of tomatoes provides 4 half cup servings, current price is _____
cost per serving is _____. (canned tomatoes retain 75% of their Vit.C.)

10. Flour, cereals, breads, and their products are the cheapest source of calories. Read label to be sure you are buying enriched white flour. Read labels to know the weight of the food you are buying.

The Consumer's Guide states: "A baker can by fermenting the dough to a greater extent make a large loaf which weighs several ounces less than a smaller loaf, less filled with air." Two or three ounces difference in a loaf may seem trivial, but if a family uses one 14 ounce loaf every day instead of a pound loaf costing the same, they will have cheated themselves of approximately $45\frac{1}{2}$ pounds of bread within a year.

WHERE TO SHOP

Your choice of stores can affect the value of your food dollar. Shop around to find stores to fit your needs:

- | | |
|-----------------------------|---------------------------------|
| a. location | d. variety and quality of stock |
| b. prices charged for items | e. cleanliness of the place |
| c. services offered | f. display of foods |

Maybe one, maybe several stores will offer best buys, services or foods you want.

WHEN TO BUY

Watch to see when stores are least crowded - then try to shop during those times.

Watch window displays, newspaper ads for week-end specials. Sales may make it worth your while to brave the rush.

Advantages of quantity buying - - costs less, saves time for homemaker and grocer, saves on materials used in packaging. Would quantity buying be an advantage for you? For all foods?

One trip to the market may do for a week. If storage space is limited, you may need to shop more often.

When you have groceries delivered, plan to include staples and heavy items. Buy for longer periods to cut down frequent delivery charges.

HOW TO IMPROVE YOUR SHOPPING METHODS

1. Plan your shopping list
2. Watch for week-end sales or end of day bargains
3. Buy non-perishable foods in bulk if storage permits
4. Never buy more than you can use
5. Buy fruits and vegetables that are in season
6. Know alternates within each food group to substitute if a better buy
7. Know quality characteristics of fresh fruits
8. Read weights on labels of cans and packages to compare cost. Learn to divide price by ounces to find the relative cost of different size cans or packages
9. Use lower grades of meat and cheaper cuts. When comparing cost of different cuts, figure cost per serving -- pieces with much bone may prove more expensive than more meaty cuts that sell at a higher price per pound
10. Use forms of milk that are less expensive than fresh whole milk
11. Buy fats and oils to suit your needs
12. Recognize money-saving offers.

OTHER WAYS OF STRETCHING THE FOOD DOLLAR

1. Serve simple, nutritious meals
2. Home production of food - gardening, poultry raising, home preservation, home prepared foods rather than ready-to-eat
3. Adequate storage space and refrigeration
4. Practice good preparation and cooking methods:
 - a. do not overcook food
 - b. use the right temperature
 - c. follow tested recipes
 - d. do not prepare more than you can use
 - e. know the basic rules for cooking each type of food
 - f. use every scrap of food
 - g. plan meals that can be cooked with the least amount of fuel
 - h. keep foods simple but tasty

REMEMBER! Good nutritional health will save you many a dollar on doctor and dentist bills and ability to do your job well. Saving food money wisely is more important than merely saving food money.

Prepared by Mildred O. Eaton
Home Demonstration Agent
Graham and Greenlee Counties

April, 1955
cc: 200

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Tucson

Agricultural Extension Service
Nutrition

University of Arizona
College of Agriculture and
U. S. Department of Agriculture
Cooperating

A PATTERN FOR MEAL PLANNING

Name _____ Address _____ County _____ Date _____

PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Breakfast</u> Fruit or fruit juice Egg - Every day if possible Cereal - whole grain or restored Butter or margarine Milk Coffee or tea for adults						
<u>Lunch or Supper</u> Soup, stew, or main dish Vegetable - raw or cooked Enriched or whole grain bread Fruit or simple dessert Milk Coffee or tea for adults						
<u>Dinner</u> Meat or meat alternate Two vegetables - cooked or raw Enriched or whole grain bread Butter or margarine Simple dessert or fruit Milk Tea or coffee for adults						

N-406

Rev. 2/54

No. c. 2,000

Form used and information gained from *Club Leaders*

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Tucson

University of Arizona
College of Agriculture and
S. Department of Agriculture
operating

Agricultural Extension Service
Nutrition

Member's and Leader's Report on Preparation of Foods for Freezer Storage

Prepared by
Elsie H. Morris, Extension Nutritionist

Name _____

Date of Meeting _____

Mailing Address _____

Attendance _____

Club _____

Type of Meeting:
Homemaker Club
Hostess
Relief Society
Other

Check Here

Actual time given to presenting
the project _____ hours.

As a Result of this Demonstration	Club Member	Other Relative, Friend Neighbor, 4-H Member, etc.
1. How many are using moisture-vapor proof wrapping and containers?	24	
2. How many are reading labels on packaging materials for freezer use?	21	
3. How many are making corrections in blanching time for vegetables to take care of increased altitude?	2	
4. How many felt that the demonstration has helped them in the preparation of products for freezing storage?	27	
5. How many are checking their home freezers or lockers for zero or below zero temperature for freezing and storage?	12	
6. How many are using and refilling home freezers and lockers to keep them full?	21	
7. List foods prepared for freezer storage according to the methods demonstrated at the meeting:		
<p style="text-align: center;">Amounts</p> <p style="text-align: center;"><u>Pints</u> <u>Quarts</u></p> <p>Fruits</p> <p><i>Apples</i> _____</p>		

Fruits (continued)

Amounts
Pints Quarts

Vegetables - Record Blanching
Time - Minutes

	Pints	Quarts
Corn	3 dozen ears	
Black eyed pea	28#	
Okra	8	

Meats, Poultry, Fish and
Game

Pounds

	Pounds
Fish	100
Venison	250
Turkeys	2

Eggs

Baked Goods

Chili	
Bean Burros	3 doz

Specialties

Velva Fruit

Frozen Jams:

Chocolate Dipped Bananas

Club Member

Other
Relative, Friend
Neighbor, 4-H
Member, etc.

2

Comments:

Signature

Address

Directions: Please fill out at your next club meeting and return to Home Demonstration Agent not later than

4-H CLUB WORK

ORGANIZATION

Clubs were organized last fall for year-around club work.

There were three clubs organized for home economics 4-H Club work in three communities. One of the clubs was a community club carrying both home economics and agriculture project work.

There were 48 girls enrolled in the three clubs. 33 completed their 4-H work. One of the three clubs had a 100 percent completion.

Six ladies assisted as club leaders and four club members assisted as junior leaders during the year.

The home demonstration agent conducted a demonstration training meeting for one club leader, fifteen club members, and two visitors. Three club members assisted by giving one team and one individual demonstrations. The purpose of a demonstration, how it differed from the illustrated talk, the different parts, and what should be included in each were discussed. Suggestions for demonstrations were given.

The home demonstration agent visited each club and gave assistance as needed. Each club was visited at least once - one several times.

Further assistance was given leaders and members through home visits, office calls, and phone calls by the home demonstration agent.

From time to time the home demonstration agent sent out informational letters to club leaders and to members about organization, project work, county contests, camp, finish-up, and county fair exhibits.

The home demonstration agent arranged for and conducted the county home economics 4-H demonstration contests and judging contests during July in the Fellowship Hall of the Duncan Methodist Church.

7 girls (4 seniors, 3 juniors) participated in the demonstration contest by giving 2 team and 3 individual demonstrations. 8 other girls attended.

25 girls (6 seniors, 12 juniors, and 7 younger girls) participated in the judging activities.

Miss Madeline Barley, Home Demonstration Agent-at-Large, University of Arizona, assisted in preparing the judging rings and conducting the judging contests.

Four club leaders assisted in conducting the judging contests.

The home demonstration agent assisted with the 4-H finish-up and preparation of the 4-H reports.

The 4-H leaders and junior leaders in home economics and agriculture were organized into a County 4-H Leaders Council. The home demonstration agent attended the quarterly meetings of this group.

CLOTHING

40 girls were enrolled in clothing projects in the 3 clubs. 17 girls were enrolled in Unit I, 12 in Unit II, 8 in Unit III, and 3 in Unit IV. One of the Unit IV girls moved from the county before the end of the club year.

28 of the 40 girls enrolled completed their clothing projects. The Morenci Club was 100 percent completion.

No leader training meetings were held. One was scheduled, but the date had to be cancelled.

The home demonstration agent gave special help to each leader and the Clothing III and IV girls with their construction and demonstration problems through home visits and office calls.

The home demonstration agent attended the 4-H Clothing Workshop and the Cochise County 4-H Leaders Training Meeting. Both meetings were conducted by Miss Helen Church, Clothing Specialist, University of Arizona.

One junior team and one senior individual gave demonstrations during the State 4-H Roundup. The junior individual came home for the time scheduled for her demonstration.

The two senior (Clothing IV) girls judged in the senior judging contest and three juniors judged in the junior judging contest during the State Roundup.

One of the Clothing IV girls modeled her semi-tailored dress suit in the Dress Revue during roundup.

Picture showing some of the 4-H Clothing exhibited during the county fair:



FOODS

23 girls were enrolled in foods projects in two of the 3 clubs. 15 girls were enrolled in Unit I, 2 in Unit II, 4 in Unit III, and 2 in Unit IV. Eleven of the twenty three first enrolled completed their projects.

2 of the 3 girls enrolled in first year Food Preservation completed their project work.

No leader training meeting was held. A date was set, but later cancelled when the leader in Duncan didn't want help and the Graham County girls hadn't enrolled in foods. Later, girls in the York club enrolled.

The home demonstration agent gave assistance to the leaders and to the club members through conference with the leaders and while attending club meetings.

One senior team demonstrated "Making Two Kinds of Ice Cream" received a blue ribbon rating (ranking second) in the Dairy Foods Demonstration activities during the State 4-H Club Roundup.

Two of the members of the senior food judging team were unable to attend the state roundup.

ROOM IMPROVEMENT

Six girls in the Duncan Wildkitten 4-H Club were enrolled in Room Improvement projects -- four in Unit I and two in Unit II. The two Unit II girls completed their project work.

No leader training meeting was held. No assistance was given by the home demonstration agent. The members didn't seem to be interested in any help.

Junior Leadership

Two girls were enrolled in first year and two in second year junior leadership in the Duncan Wildkitten Club. These girls assisted younger girls with both foods and clothing project work.

NATIONAL 4-H CONGRESS

Roberta Stratton, member of the Duncan club, won the Santa Fe Trip to National 4-H Congress on her 4-H Achievement.

COMMUNITY

Each of the clubs participated in community projects - the Morenci Stars collected magazines for the hospital, the York Cowgirls cooperated with the York Cowboys 4-H and Homemakers Club in furnishing the York Club House, and the Duncan Wildkittens cooperated with the Wildkats in making picnic tables for their picnic area.

The six senior girls who attended 4-H Roundup were interviewed by the home demonstration agent over Radio Station KCLF about activities in which they participated.

The home demonstration agent interviewed over Station KCLF one club leader about work and activities which her club was doing.

The county agent, one club leader, and the home demonstration agent discussed 4-H Club Work in the county over Station KCLF during National 4-H Club Week.

The 4-H girls exhibited articles which they had made at the county fair. Blue ribbon articles were sent to the state fair for judging and exhibit.

The four junior leaders assisted in arranging and putting the 4-H articles on display for the county fair. One other older and two junior girls assisted the home demonstration agent in removing the exhibits from display and returning them.

GREENLEE 4-H GIRLS HOLD CONTEST

The Greenlee County 4-H Girls held their Demonstration Contest July 6 in the Duncan Methodist Church. Eight girls gave five demonstrations. Mrs. LuRue Chapman of Safford was the Judge.

From the Duncan Wild Kittens Club led by Mrs. Martha Coons and Mrs. Peggy DeMo: Roberta Stratton and Betty Lou Francese demonstrated "Making Ice Cream;" Carol Kirkpatrick and Manda Moffett demonstrated "Making of Seams and Seam Finishes;" and Sylvia Van Grundy demonstrated "Altering a Blouse Pattern."

From the York Cowgirls Club led by Mr. Mattie Foote and Mrs. Ruby Sanders: Barbara Barney demonstrated "Preparation of Material for Cutting;" Dixie Bailey demonstrated "Making a Place Setting;" and Betty Barney modeled her suit which she had made.

Demonstrations were chosen for participation at the State 4-H Roundup at the University August 22 to 26. Betty Barney was chosen to model her suit at Round-up.

The Greenlee County 4-H Girls are participating in their 4-H Judging Contest today, July 13 in the Duncan Methodist Church. Report will be given on the activities and judging teams chosen for Round-up in next weeks paper.

4-H'er Receives Award



ARLENA BROWN

Arlena Brown, member of the Duncan Wild Kittens 4-H Club won nine premiums out of the 10 entries which she made in the 4-H Club exhibits during the county fair. Six of these were first premiums. This is the most awards won by any one 4-H Club member.

Arlena also won three firsts in the children's division, two first and three seconds and one third award in the adult division.

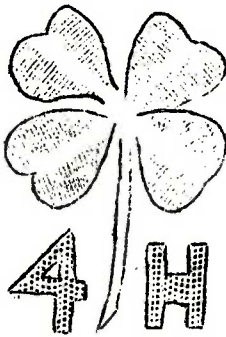
Arlena is the daughter of Mr. and Mrs. Clyde Brown, Duncan, Arizona. Mrs. Stanley Coons and Mrs. Peggy De Mo were her 4-H Club leaders.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Duncan

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Greenlee County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

June 30, 1955



NEWS LETTER

C O U N T Y C O N T E S T S

DEMONSTRATIONS

I hope you are planning on entering the demonstration contests next week - either as an individual or as part of a team. This contest is open to all girls 10 years or older. I do hope you 10 and 11 year girls will enter as well as the older girls. Ratings A, B, and C will be made on each demonstration by the judge.

There will be some awards for the blue ribbon (A) demonstrations. So! Why don't you try? You may be one of the blue ribbon demonstrators.

July 6 - Greenlee County contest will be held in the Duncan Methodist Church beginning promptly at 10:00 A. M. with the first demonstration.

July 8 - Graham County contest will be held in the Safford High School Home Economics Building beginning promptly at 10:00 A. M. with the first demonstration.

The buildings will be open by 9:30 A. M. so you can organize your equipment and be ready when your time comes.



The demonstrations for Round-up will be chosen by the judge. We can send in:

Senior Division : (Girls 14 years of age before January 1, 1955.)

Food Preparation - 1 individual and 1 team

Food Preservation - 1 individual and 1 team

Dairy Foods - - - - 1 individual and 1 team

Clothing - - - - - 1 individual and 1 team

Room Improvement - 1 individual and 1 team

Junior Division : (Girls 12 years of age before January 1, 1955)

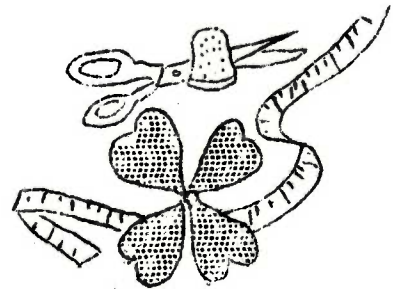
Food Preparation - 1 individual and 1 team

Food Preservation - 1 individual and 1 team

Dairy Foods - - - - 1 individual and 1 team

Clothing - - - - - 1 individual and 1 team

Room Improvement - 1 individual and 1 team



DRESS REVUE

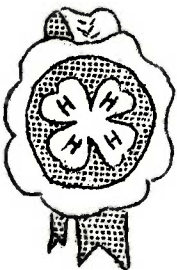
Garments will be modeled following the demonstrations in each county. Clothing girls will be given time to put on your 4-H garment. Don't try to wear it all day.

Garments to be modeled at 4-H Round-up will be chosen. The following are the entry classes for State Round-up: school outfit, active sport outfit, dress outfit, tailored outfit, and party dress.

JUDGING

A judging and training meeting will be held for all 4-H girls - July 13 for Greenlee County 4-H'ers in the Methodist Church - all day,

July 14 for Graham County 4-H'ers in the Home Economics Building, Safford High School - all day.



Judging will start at 10:00 A. M. Three rings will be set up for judging foods, clothing, and room improvement. The Senior Ring for girls who were 14 years old before January 1, 1955. The Junior Ring for girls who were 12 years old before January 1, 1955.

A Third Ring will be set up for all girls 10 and 11 years of age and those 12 after January 1, 1955. I do hope you younger girls will come.

The afternoon will be given to training for judging. Judging teams will be chosen to go to Round-up. A Senior team and a Junior team in each of the following may be chosen:

FOOD PREPARATION

FOOD PRESERVATION

ROOM IMPROVEMENT

CLOTHING

At a 4-H meeting, two members were overheard discussing the art of conversation.

"Take 'I'll say' and 'I'll tell the world' away from some people", said one, "and you cut their conversation practically to zero."

To which her companion enthusiastically replied, "I hope to tell you'. Ain't it the truth!"

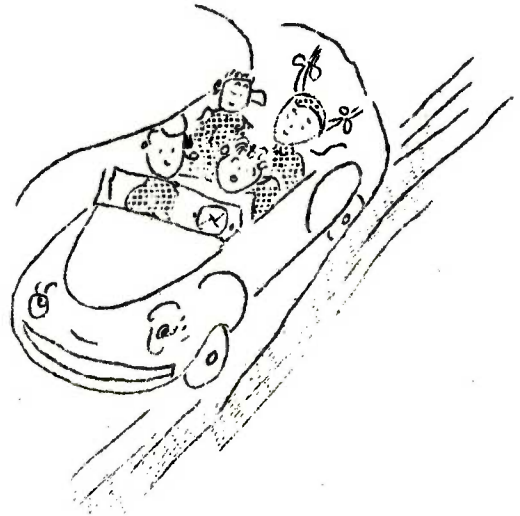
Diner: "Do you serve fresh Crabs here?"

Waiter: "We serve anyone who comes in. Please have a seat."

I hope you will come and participate in these activities - Both Days:

Greenlee County - July 6 and 13

Graham County - July 8 and 14



Sincerely,

Mildred O. Eaton

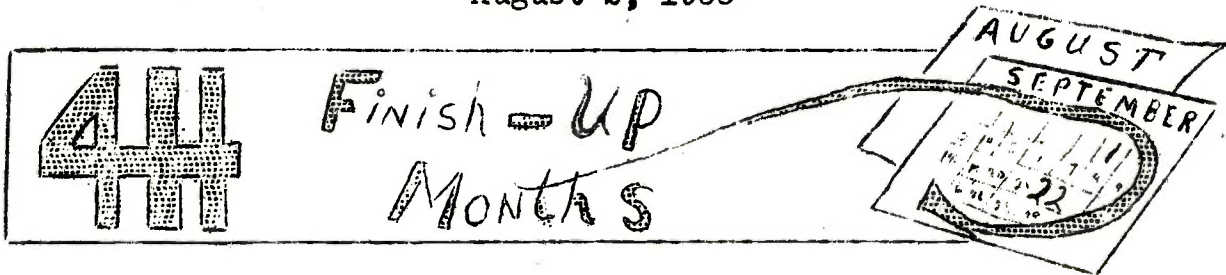
Home Demonstration Agent
Graham-Greenlee Counties

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
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Agricultural Extension Service
Home Demonstration Work
County Agent Work

4-H NEWSLETTER # 3
August 2, 1955



Dear 4-H Club Leader:

The close of this 4-H Club year is coming nearer and nearer. I hope that your club members have been keeping their record books up-to-date and have completed most of their project requirements.

I would like for each club member to turn their records in to you by September 1st. I believe it will be to your advantage for your members to do this before the beginning of school. There may be a few cases where you will want to give a girl a few extra days. You can do this at your own discretion.

I would like for you to turn in to the Duncan office the following by September 22:

- 1-Record sheet with the name of each club member and her projects. On this sheet, before turning it in to me -- will you check-- after each project whether the girl met achievement requirements? If she did, write - "Complete". If she didn't, write - "Incomplete" or "No".
- 2-The Club's Secretary book. Please check for accuracy and completeness before sending it to the office.
- 3-Records for each project completed by each member.
- 4-Records, honor blank filled out, and story from each girl trying for special awards and honors.

If you have any questions about this finish-up, call the office in Duncan or write me in Safford. I will be out of the counties during three weeks in August, but will reply to your letter when I do come in over week ends. I plan to be in Greenlee County August 15-17, during which time I can talk with you.

COUNTY FAIR

It isn't too early to start planning for exhibits at the county fair. The following exhibits have been set up by the fair committee and will be printed in the fair book:

First Year Clothing

- 1- sewing box - equipped
- 2- stuffed toy
- 3- potholder mit
- 4- apron

Second Year Clothing

- 1- garment protector
- 2- skirt
- 3- blouse - sleeveless

Third Year Clothing

- 1- pajamas
- 2- skirt or shorts
- 3- cotton dress

Fourth Year Clothing

- 1- Weskit
- 2- child's garment
- 3- semi-tailored dress

Advanced Clothing

- 1- Full advanced clothing project exhibit (minimum of 2 articles)

First Year Room Improvement

- 1- scarf or set of scarves for dresser or dressing table
- 2- picture chosen for room - unframed
- 3- picture chosen for room - framed
- 4- dresser drawer pad or pockets
- 5- Poster showing steps in making a bed

First Year Foods

- 1- baking powder biscuits - 5
- 2- hard cooked eggs - 2
- 3- baked custard - 1 custard cup
- 4- one breakfast menu with work schedule

Second Year Foods

- 1- muffins, plain - 5
- 2- muffins, whole wheat - 5
- 3- cookies, peanut butter - 5
- 4- cookies, oatmeal - 5

Third Year Foods

- 1- yeast rolls - 5
- 2- butter cake - conventional method
- 3- quick method cake

Advanced Foods

- 1- pie - fruit
- 2- pie - meringue
- 3- chiffon cake - not frosted
- 4- angel food cake - not frosted

Canning (1 pint) (by 4-H method)

- 1- meats
- 2- vegetables - 3 jar assortment
- 3- jelly
- 4- jams

Freezing

- 1- fruit
- 2- vegetable
- 3- meat

Second Year Room Improvement

- 1- Drawing of room - showing before and after arrangement of furniture
- 2- Bedding protector
- 3- Pillow cases - 1 pair

Each 4-H girl may make an exhibit of each of the things listed in the project in which she has been enrolled during this 1955 club season. To exhibit and receive premium money she must have completed her 1955 project requirements.

This year we plan to give more space to the 4-H exhibits at the fair.

It would help if you would talk over and plan with your girls for their exhibits.

We are trying to get a third judge so that she can judge the 4-H exhibits -- and thus avoid the delay that we had last year.

Please write me if you need assistance with your finish-up or plans for the 4-H exhibits.

Sincerely,

Mildred O. Eaton

Mildred O. Eaton
Home Demonstration Agent
Greenlee-Graham Counties

MOE:fs
cc: ll

RECOMMENDATIONS

- 1- That the home demonstration agent visit homes and make more contacts, particularly in the out-lying areas of the county.
- 2- That notices of training meetings be sent to leaders and presidents of the LDS Relief Societies and to the presidents of the Homemaker Clubs as well as to the leaders of the Homemakers Clubs.
- 3- That personal contact be made with each work leader in the LDS Relief Societies and find out what material and services they want as help with their lessons.
- 4- That the Homemakers County Council meetings be held at a separate time from the program planning meeting. Suggestion - January or February for County Council meeting for business, May for County Achievement Program, September for program planning, and November for Council meeting for business and election of officers.
- 5- That the County Council be made up of executive officers and one or two voting delegates from each club with all members having the privilege of attending.
- 6- That the Standard of Achievement requirements for certificates be evaluated and revised.
- 7- That some lessons like Menu Planning and Shopping be covered in two months instead of one.
- 8- That more work be done through group leader training and by leader conducted meetings.
- 9- That an effort be made to organize a homemaker club in Duncan and Franklin, or in each community.
- 10- That all possible means be used to get York Homemakers Club leaders to attend leader training meetings.
- 11- That clothing construction work be continued through special meetings by leaders.
- 12- That greater effort be made to have every boy and girl complete their 4-H Club Work. This effort should be made throughout the year.
- 13- That effort be continued to gain the interest and cooperation of parents and people in the communities.
- 14- That a Clothing Construction class be held for homemakers in the Duncan-Franklin area.

OUTLOOK

Plans are under way to try to organize a homemakers group in Duncan-Franklin.

The County Council officers plan a meeting for early January to discuss furthering the extension program, evaluation of the standards for certificates of achievement, and activities and meetings of the County Council. Also, to prepare suggestions needed for revision of county by-laws.

The York Club needs encouragement and assistance in stabilizing its membership, getting a larger attendance at meetings, and attendance at leader training meetings.

The Clifton Club needs assistance in understanding the extension program, what it involves, the services and assistance available, and its responsibility in carrying on the program if the members wish to continue as a homemakers group.

There will be three new 4-H Clubs organized -- two in the Morenci area and one in the Duncan community.

The three old 4-H Clubs have reorganized for this coming year.

The clothing leaders (from Better Dress Project) plan to meet early in January and make plans for giving assistance to other homemakers through special classes. The plan is to divide the homemakers according to needs and experience, then one leader take one group, another leader take group with other problems, etc.

Homemakers in the Duncan-Franklin area are quite anxious to obtain further assistance with their clothing construction problems.